



John is often asked

How much screen time is too much for my child?

It is more helpful to think in terms of;

Are they getting enough daily physical activity?

Are they getting enough social interaction? (Not on-line)

Are they getting enough sleep?



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If screen time is getting in the way of any of these things children need, then it's too much.

Hear more top tips for parents from John in an interview [here](#).