

### TIP SHEET FOR PARENTS & CARERS

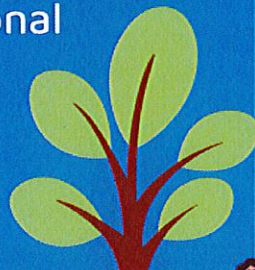
YEARS 5-6  
TERM 2 2024

## What did your child learn about at school?

If we're watching and interacting with screens at night time, especially just before we try to go to bed, this can reduce both the **amount and the quality of our sleep**.

Our brain creates a chemical called **dopamine**, which makes us feel good every time we do something we enjoy. This is why we can find it hard to put down our devices/phones.

If our **Screen Time & Green Time** are not balanced, this can impact our physical health and emotional wellbeing. Green Time can be any activity that is not on a screen & helps us grow.



## Some conversation starters:

- Why and how does using a screen in the 1 hour before bed affect us?
- What are some strategies we can use to create healthy sleep habits?
- Have you ever felt lost without your phone/device? What are some ways we can help make the relationship more balanced?
- What are your top 3 Green Time activities? Are there any new Green Time activities you'd like to try?

## Further Support: