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Daily Healthy Lifestyle Checklist: Screen time versus Lean time

- Active outdoor/nature play for at least one hour

Ideas:

Playground
Ballgames, chasing games in garden/park/beach
Walk or bike ride in the park, beach, neighbourhood, forest
Skipping rope, hide and seek, badminton, table tennis
Walk or bike ride to school

- Strictly limited screen time

Under 2 years: no screen time except video chats with family members
2-5 years: maximum 1 hour per day of high quality educational programme
6-12 years: consistent, reasonable limits, ideally no more than one hour
Teenagers: no more than 2 hours

Never allow violent games. Set a good example.

- Enough sleep to wake rested and happy

0-12 months: 14-18 hours per day
1-3 years: 12-14 hours
3-6 years: 11-12 hours
7-12 years: 10-11 hours
12-18 years: 8-10 hours