
WAGGA
Learns to Manage
His Screen Time
(Children's Edition)

Acknowledgements

Advisory Panel:

A/Prof. Lourdes Mary Daniel, Department of Child Development, KKH
Dr. Angeline Khoo

Special Acknowledgement:

The Late A/Prof. Lim Sok Bee, Department of Child Development, KKH

Contributors:

Department of Child Development, KKH:
Patel Laila Mahiar, Dr. Wong Chui Mae, Rachel Chiong, Cindy Teow, Ong Shu Zhen, Siew Lai Ching, Tang Hui Nee

Child Life, Art and Music Therapy Programmes, KKH:
Tanuja Nair, Kayla Wong, Pearlyn Lee

National Institute of Early Childhood Development:
Dr. Lucy Quek, Dr. Susanna Bay, Ms. Amelia Jaishree

Asian Medical Students' Association (AMSA) Singapore:
Project Heads Up

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KK Women's and Children's Hospital
100 Bukit Timah Road, Singapore 229899 Tel: +65 6-2255 554 Website: www.kkh.com.sg

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KK Women's and Children's Hospital
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A Guide to:

Wagga Learns to Manage His Screen Time

Why is it important for children to manage their screen time?

Screens have become pervasive in our children's lives and children are naturally drawn to a screen when it is placed in front of them. However, excessive screen time for children may potentially be harmful for their overall development.

Excessive screen time has been linked to:

- 'Overstimulation' or sensory overload
  - This can lead to poor focus and attention span, decreased energy and challenging behaviour
- Impaired social and cognitive development, due to:
  - Less exposure to social cues
  - Language delays and poorer language acquisition
- Negative impact on academics
- Higher rates of aggression
- Poorer sleep quality
- Reduced physical activities
- Greater risk of obesity and myopia



Key learning goals

1) For children to name 1 risk of too much screen time.
2) For children to name 1 healthy screen habit.
3) For children to list 1 other activity they can do other than screen time.



Wagga loves his screen.



He loves to watch videos and listen to his favourite songs on his screen.



Sometimes, Wagga also does his school work on his screen!



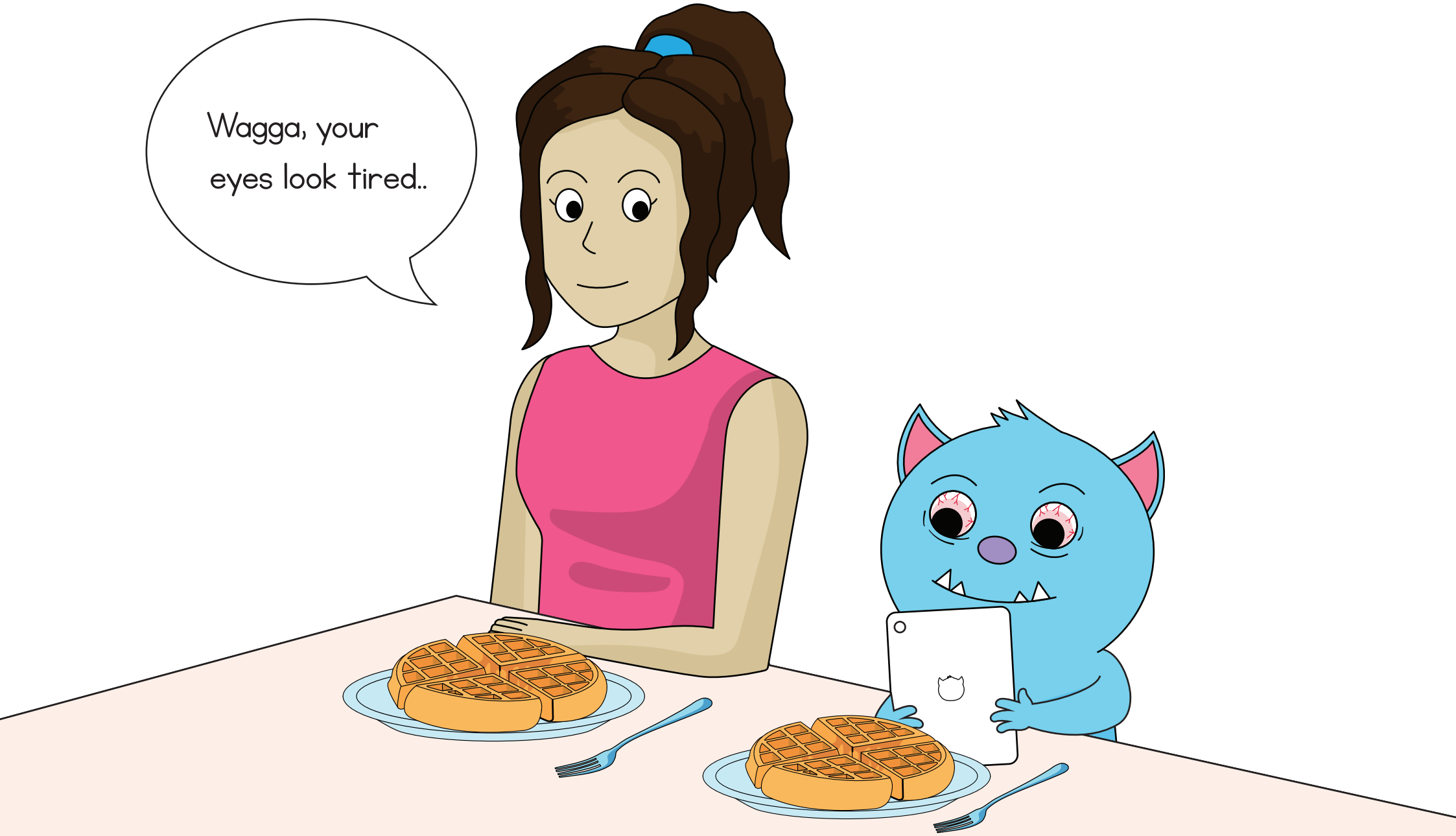
When Wagga spends too much time on the screen,
it feels like nothing else is around him.



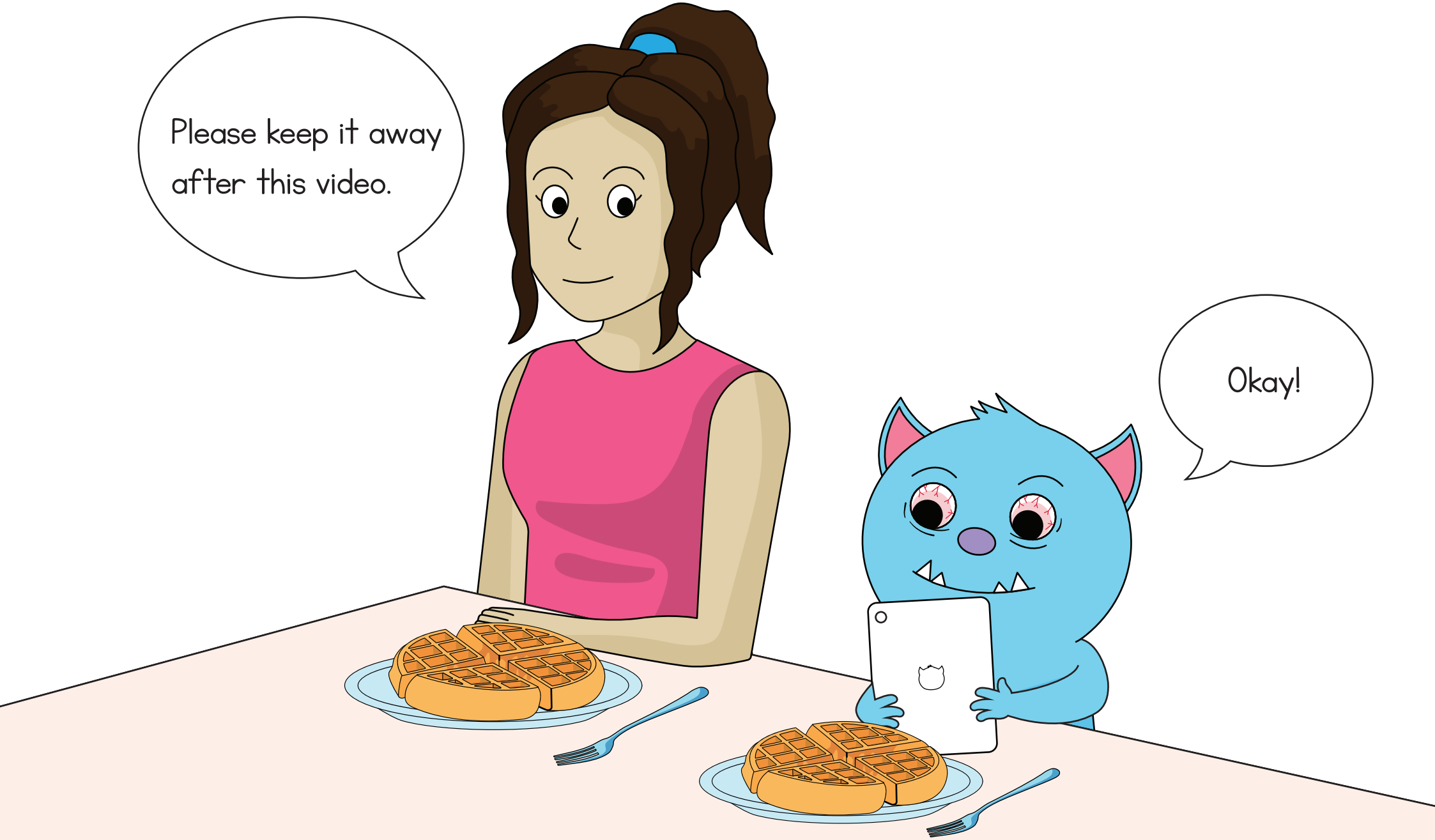
Sometimes, Wagga does not even hear when others call him.



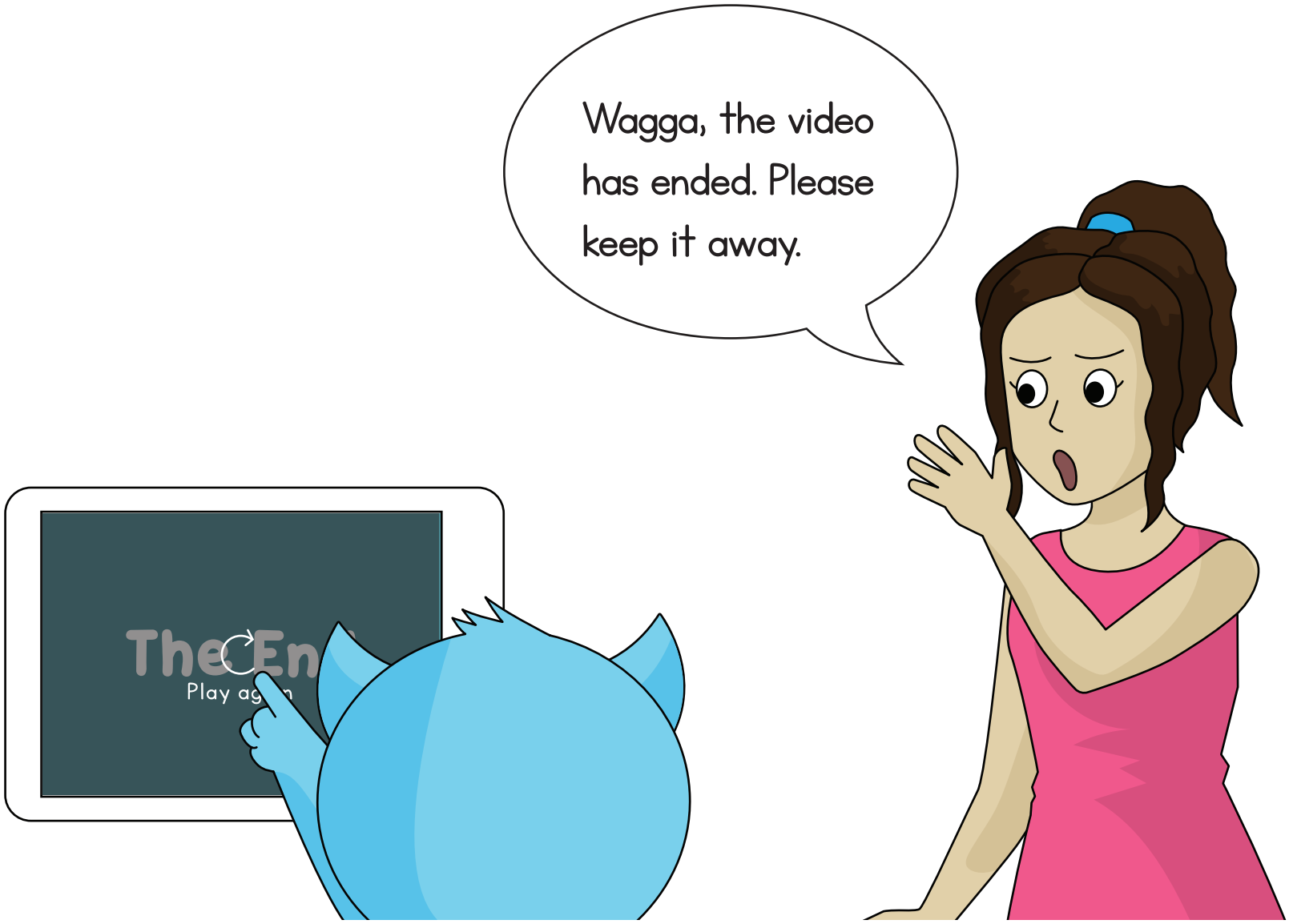
At other times, Wagga has trouble sleeping at night.



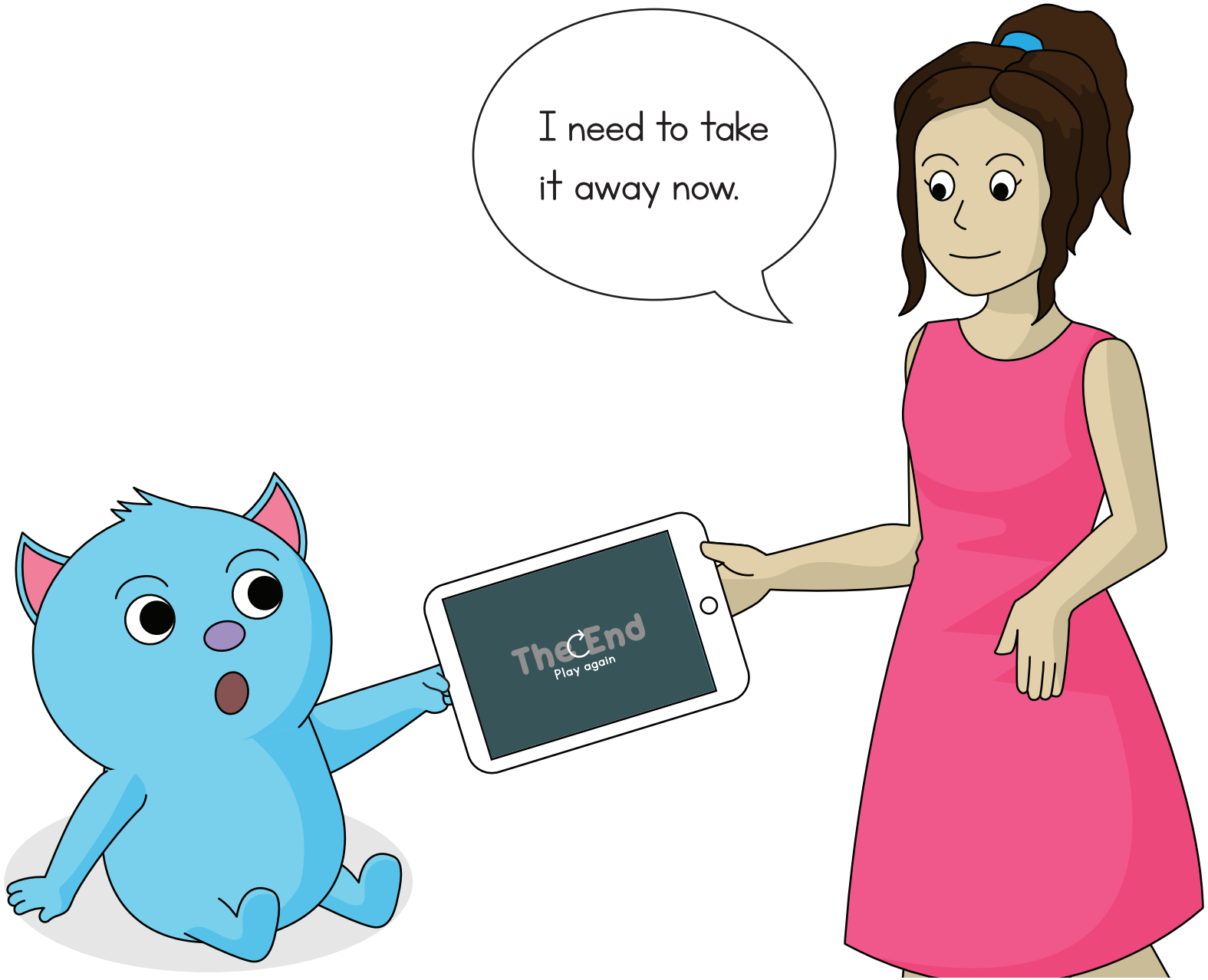
Mummy sees that Wagga has been on his screen for a long time.



Wagga is in the middle of a video.



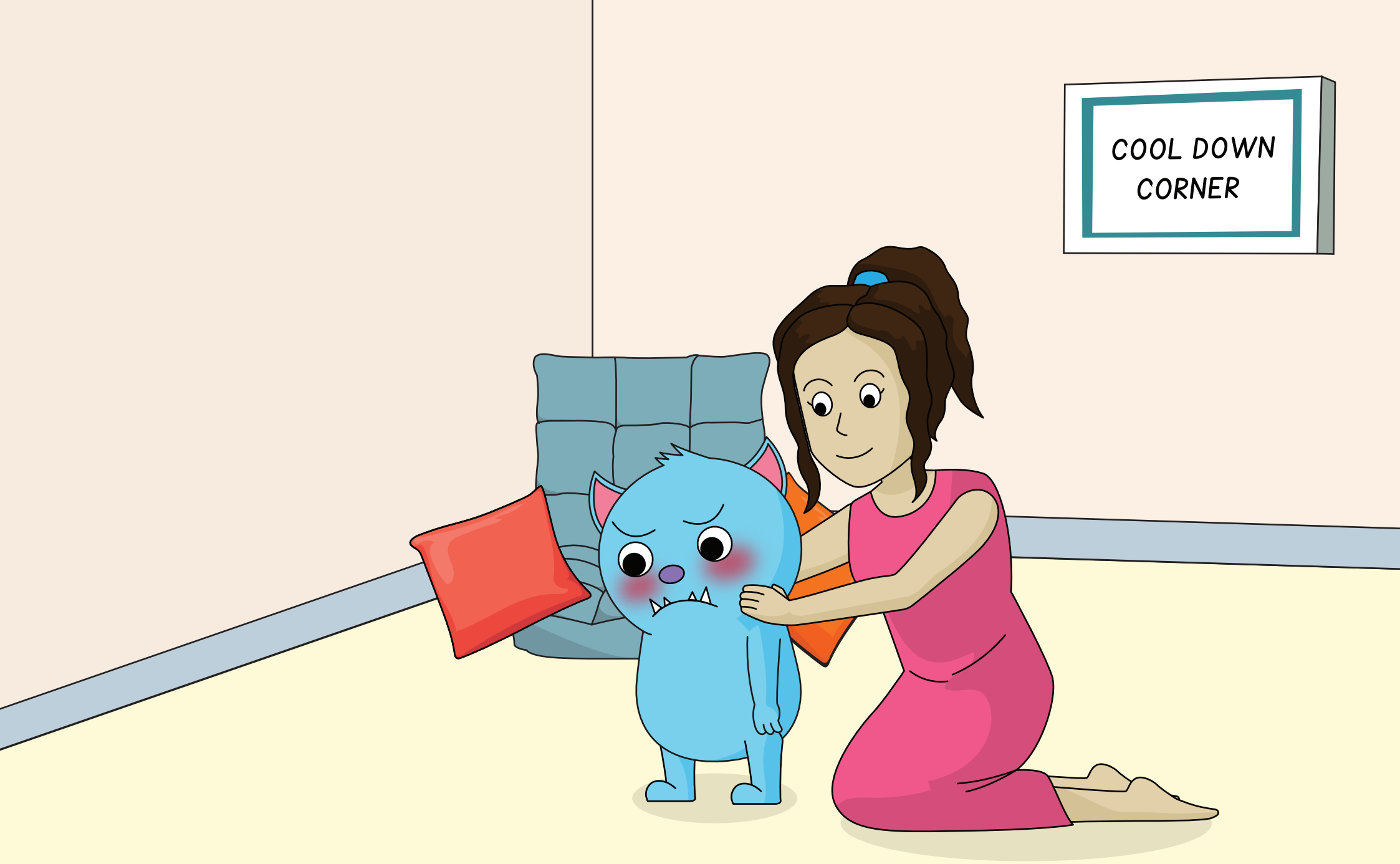
The video ends, but Wagga does not put his screen away.



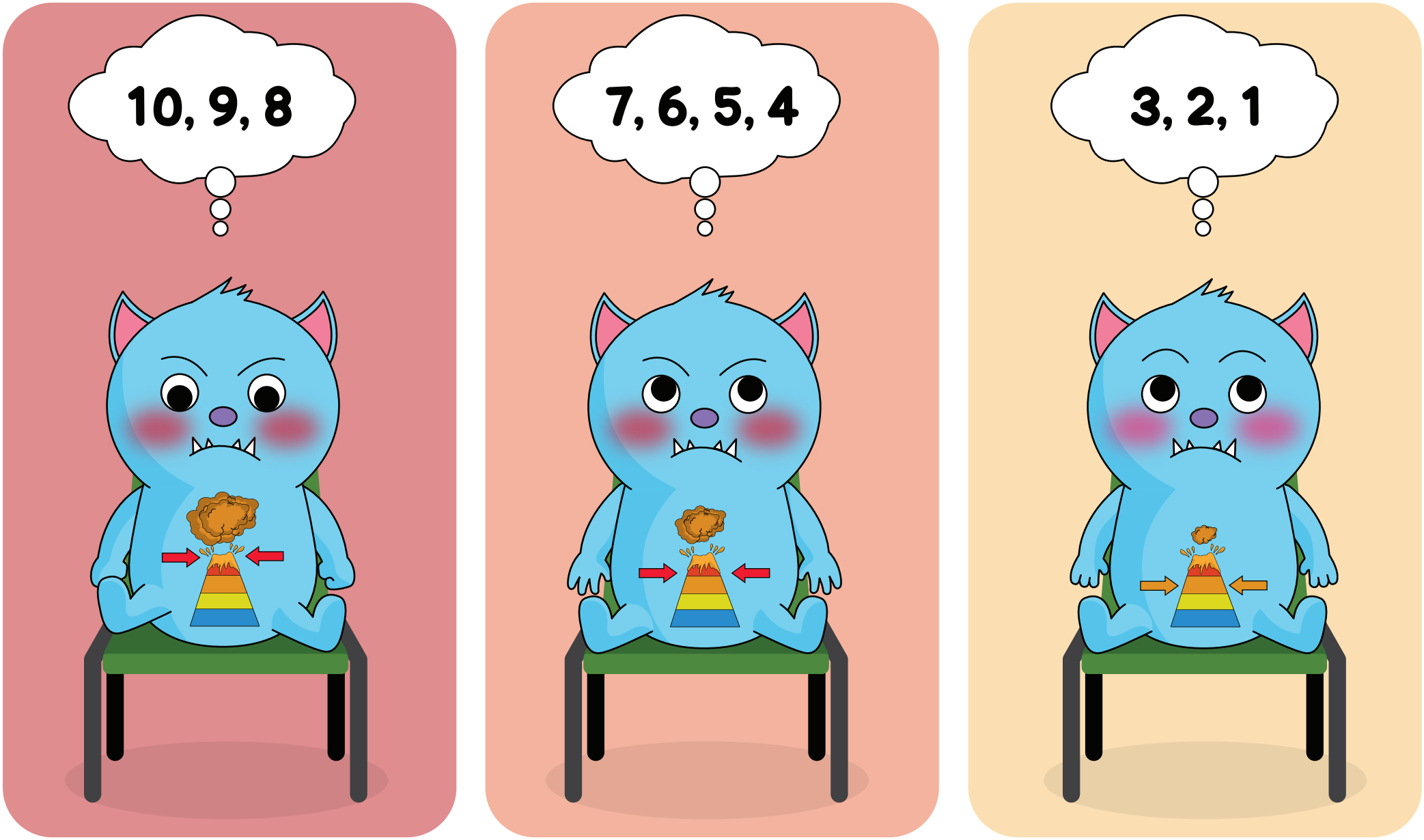
So, Mummy takes it away.



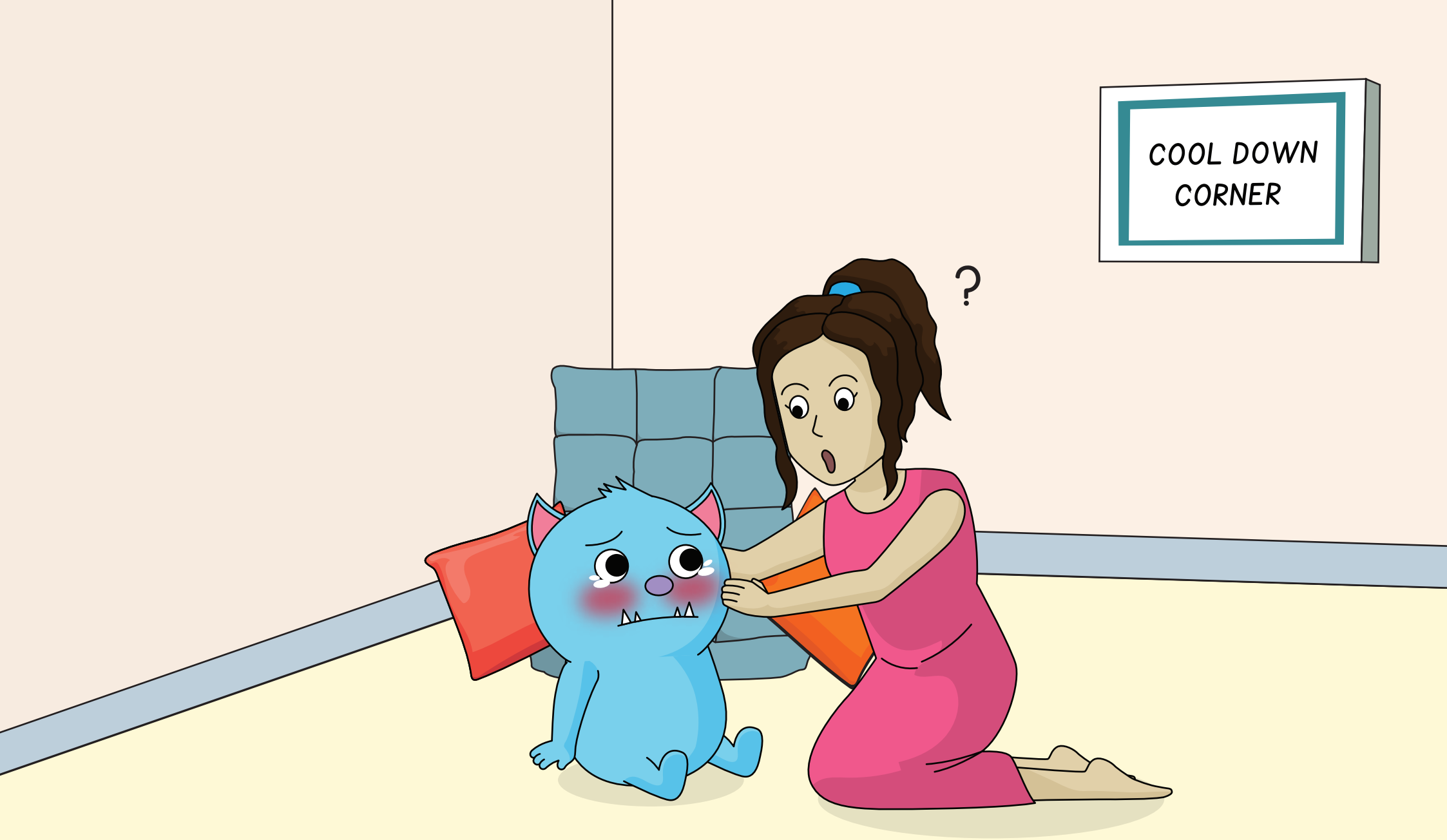
Wagga is angry that he cannot watch his video.



Mummy takes Wagga to the cool down corner.

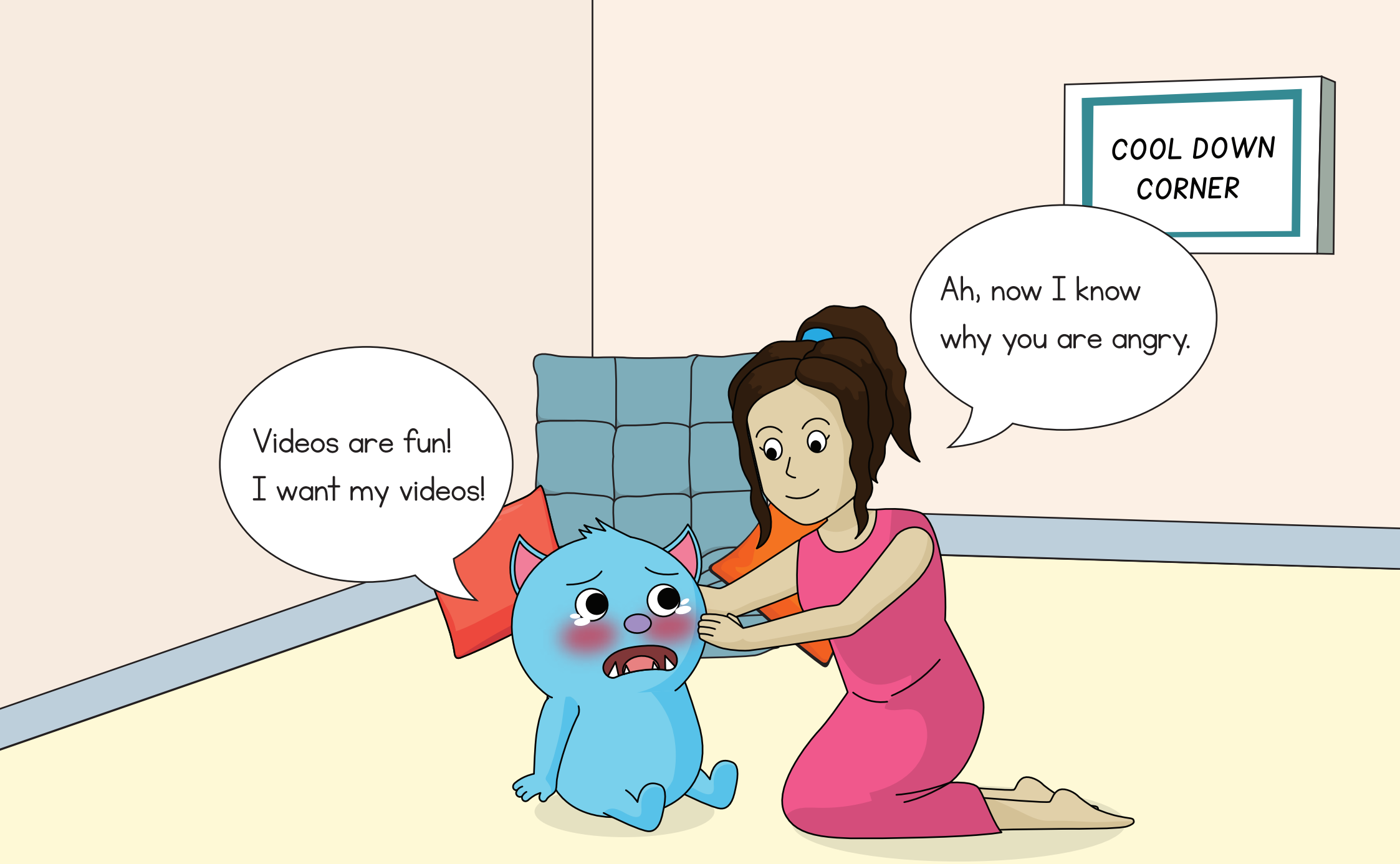


Wagga counts down to cool down.

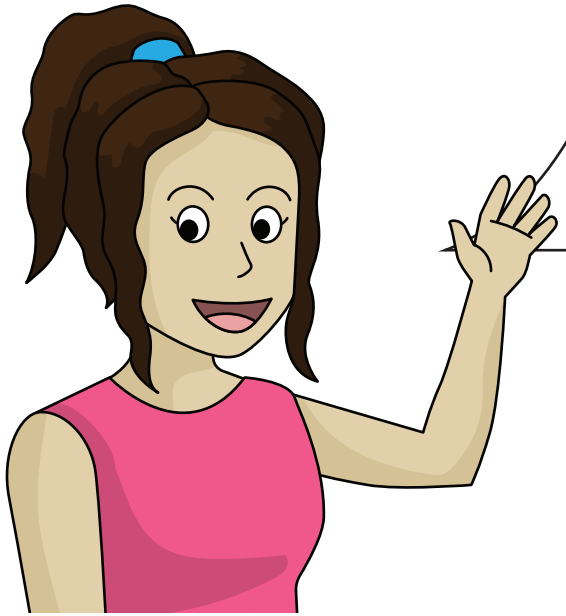


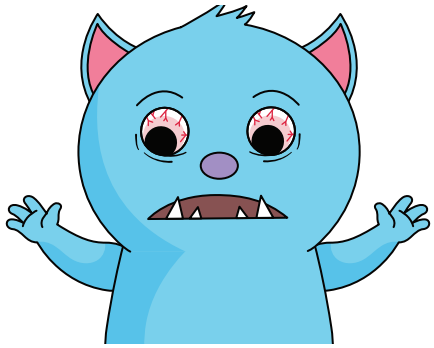
Wagga feels better now.

Mummy talks to him about how he feels.

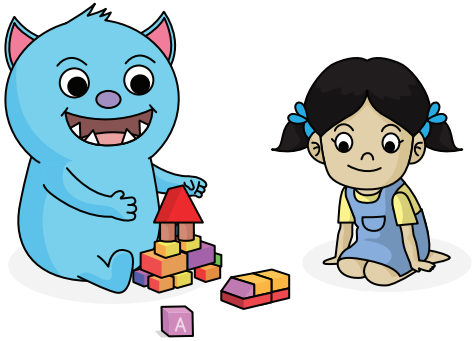


Wagga feels that there is nothing else fun to do.

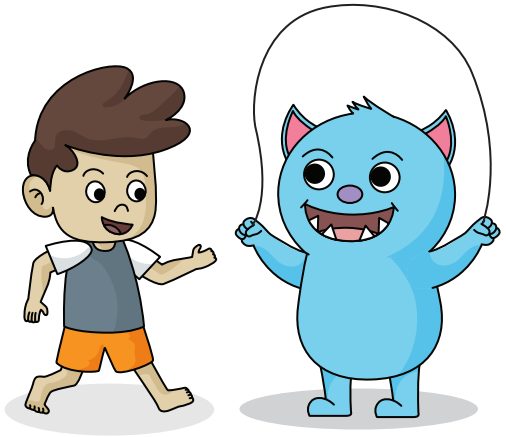




Hurts your eyes



Not talking or playing with others

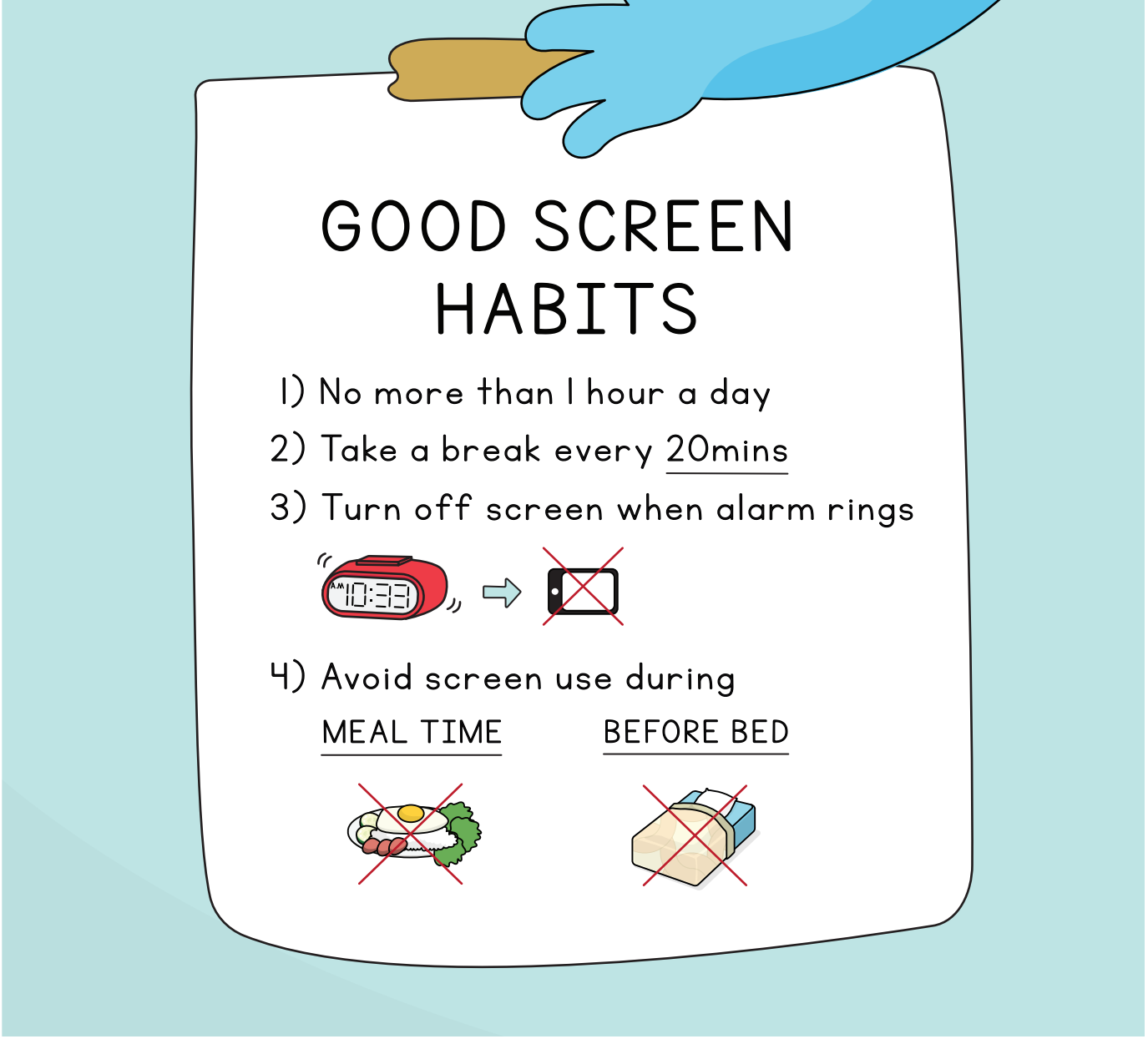


Not enough exercise

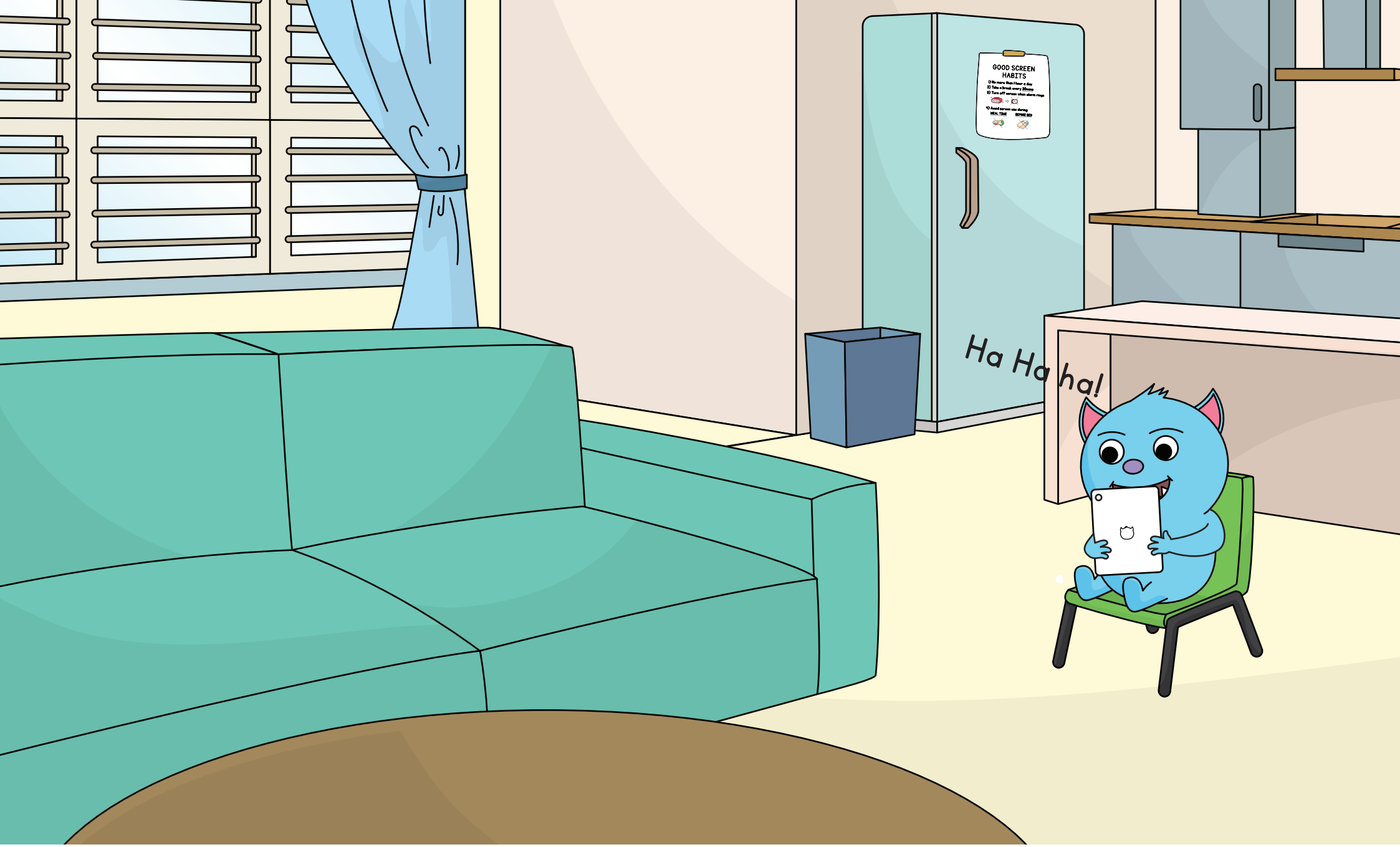


Trouble sleeping

Mummy shares with Wagga why it is not good to spend too much time on a screen.



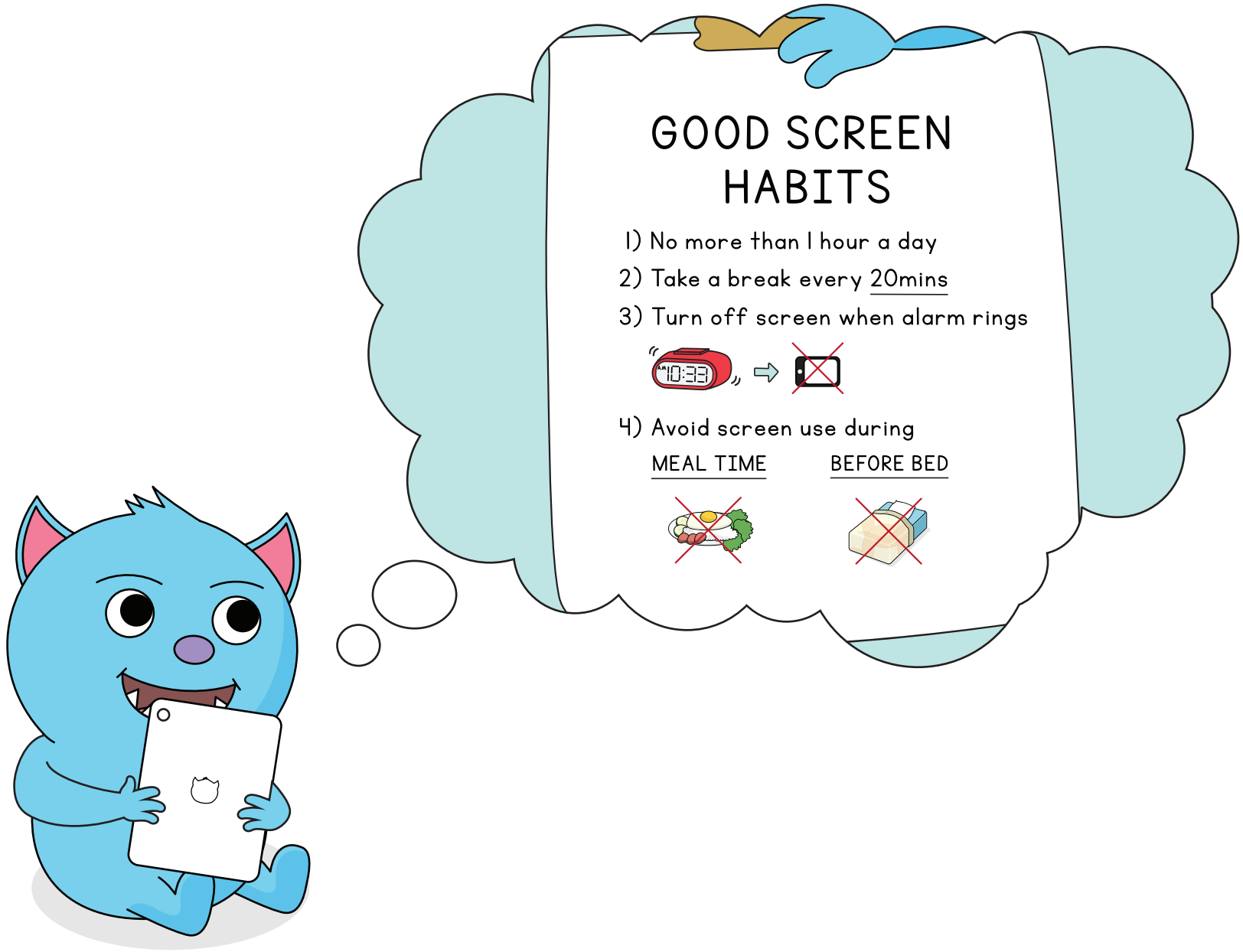
At dinner time, Wagga and his family talk about some good screen habits.



The next day, Wagga is on his screen again.

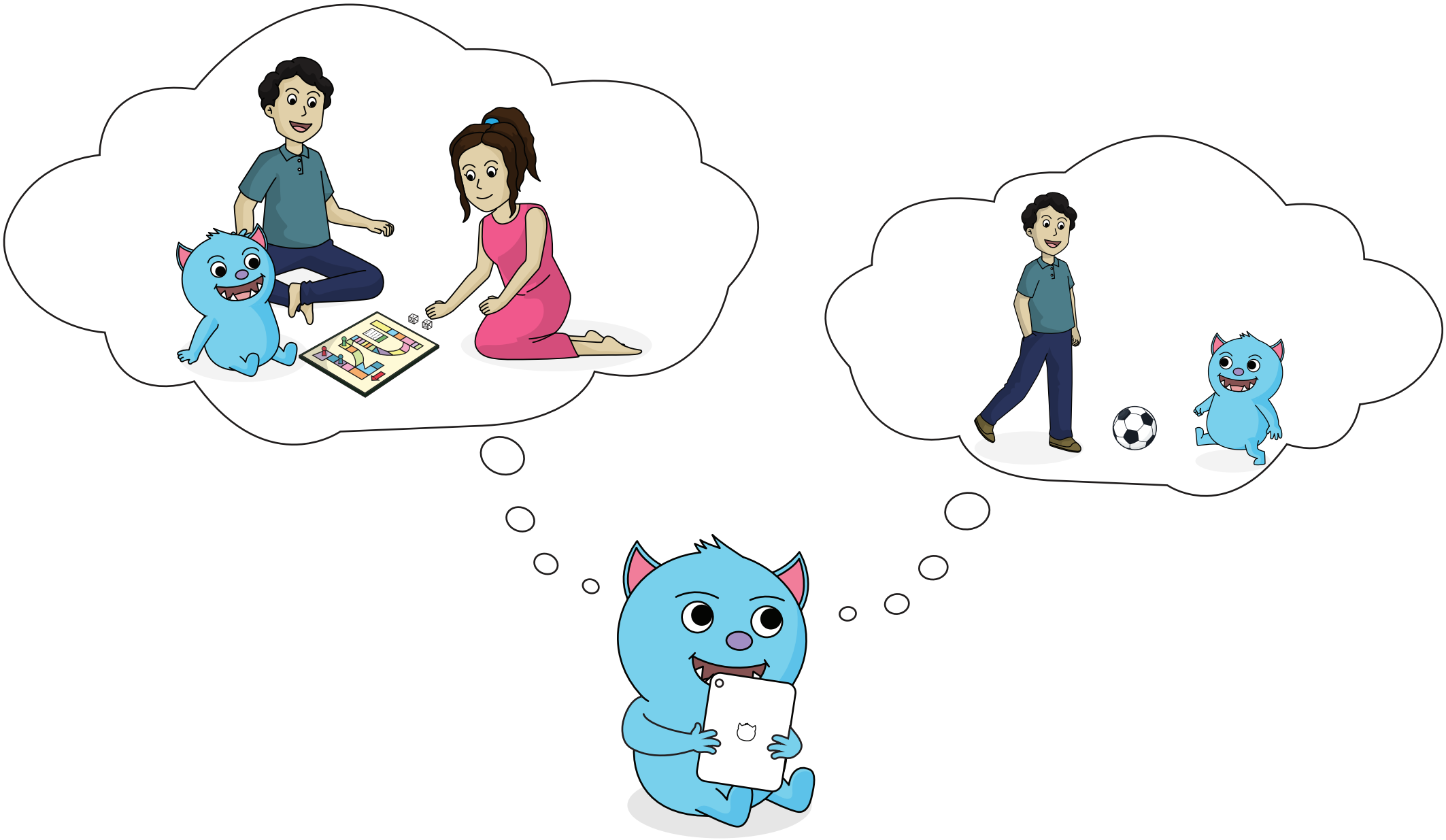


The alarm rings. It has been 20 minutes.



Wagga likes using his screen.

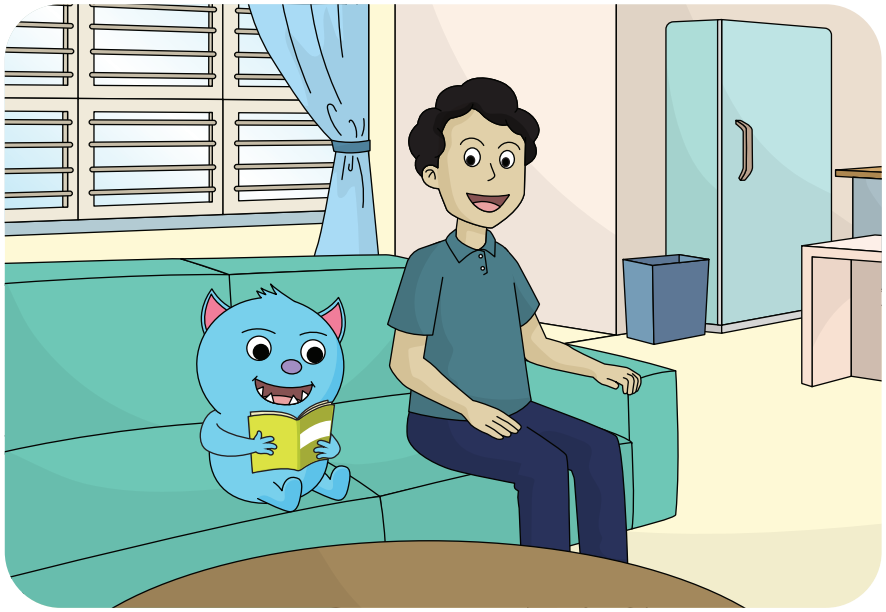
But he remembers his good screen habits.



He also remembers that there are fun things he can do without a screen.

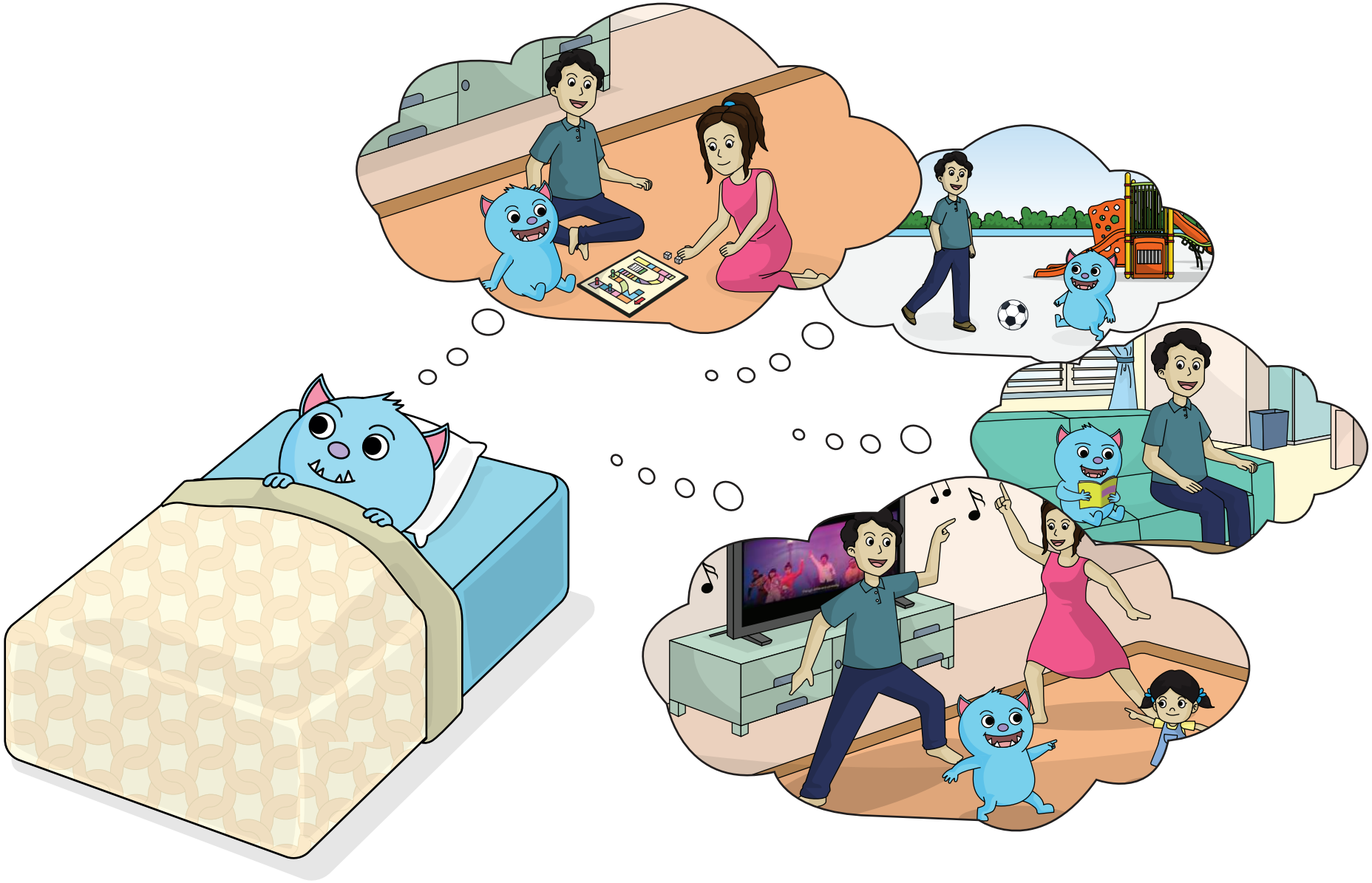






Wagga stays calm and puts his screen away.

He does fun activities with his family.



That night, as Wagga closes his eyes to sleep, he thinks to himself, "I can still have fun without my screen!"

The End

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