

# TRIPLE P SEMINAR

5-11 years olds



## Helping children develop healthy screentime habits

This seminar provides an overview of how screen time problems develop and offers strategies for parents to encourage healthy habits, manage conflict, and keep children safe online. This seminar will explore:

- **Understanding the problem:** How do parents recognise when screen time becomes a problem and how can they adapt this to the role of screens in modern life.
- **Strategies for healthy habits:** To provide parents with simple, positive strategies to encourage healthy screen use.
- **Conflict management:** Offers tips for managing disagreements related to screen time.
- **Online safety:** Help parents with strategies on how to keep their children safe online.
- **Balanced approach:** The seminar also acknowledges that screen time can be beneficial for entertainment, relaxation, education and aims to help families find the right balance.

### 🔍 When and where ✕

**Date:** Thursday 8th January 2026

**Time:** 9.30am - 11am

**Venue:** Glebe Primary School, Sussex Road, Ickenham UB10 8PH

For more information about this service, email [annmarief@familylives.org.uk](mailto:annmarief@familylives.org.uk) or call 07949 890 749

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