



Grow Well SG: A Screen and Sleep Plan by Age

Description

Grow Well SG advises no screens under 18 months except interactive video chatting, under one hour daily outside school for ages 18 months to six, and under two hours outside schoolwork for ages seven to 12. Meals and the hour before bed should be screen-free.

Start with the decision table

Situation	Decision signal
Under 18 months	Avoid screens except interactive video chatting
18 months to six	Under one recreational hour outside school
Seven to 12	Under two recreational hours outside schoolwork
Homework requires a device	Schedule it separately from recreation
Bedtime is delayed	Protect the final hour and move devices outside

Start with the day, not a timer

Map wake, school, meals, homework, activity and bedtime. Place recreation only after sleep, movement and responsibilities have a slot.

Separate schoolwork from leisure

[Grow Well SG healthy behaviours](#) distinguishes outside-school use. A school task that becomes video browsing needs a transition rule and visible end time.

Protect two device-free anchors

Meals and the hour before sleep create predictable boundaries. Charge devices outside bedrooms and use an alarm clock where needed.

Parents shape the environment

[HealthHub healthy screen habits](#) recommends modelling and shared rules. Adults should follow meal and bedtime boundaries where possible.

Adjust without nightly bargaining

Review weekly using sleep, morning mood, activity and conflict, not only minutes. Keep medical or developmental needs with the child's clinician.

Worked application

Example for an eight-year-old: 30 minutes after homework and 45 minutes after dinner totals 75 recreational minutes, below the under-two-hour guide, while devices stop at 8pm for a 9pm bedtime.

Action checklist

1. Set the age-based ceiling
2. Map schoolwork separately
3. Make meals device-free
4. Stop screens one hour before bed
5. Charge outside bedrooms
6. Schedule movement
7. Review sleep weekly

Keep a decision record another person can audit

The reader task is specific: build an age-appropriate screen and sleep routine the family can sustain. Create a short file showing the controlling fact, when it was checked, the evidence retained and who owns the next action. A changed date, amount, person, address, service screen or eligibility result can alter the outcome even when the broad rule stays the same.

#	Control	Evidence	Failure signal
1	Set the age-based ceiling	Authority readback	Calling leisure homework
2	Map schoolwork separately	Dated statement or screen	Using screens every meal
3	Make meals device-free	Calculation inputs	Leaving phones beside beds
4	Stop screens one hour before bed	Written approval	Rules adults ignore
5	Charge outside bedrooms	Receipt or reference	Focusing on minutes while sleep worsens

#	Control	Evidence	Failure signal
6	Schedule movement	Photo or versioned document	Calling leisure homework
7	Review sleep weekly	Outcome check	Using screens every meal

The two original tools in this guide—?an age-by-purpose screen budget and a device-free final-hour routine—?do different jobs. The first structures the choice; the second tests it against a concrete case. Neither should be copied into another case without refreshing every input and recording the extraction date.

What the primary sources establish

Source	Claim used	Freshness control
Grow Well SG healthy behaviours	Age-based screen limits, meals, sleep and activity guidance.	Checked 2026-07-18; re-open before acting
HealthHub healthy screen habits	Parent modelling, routines and practical controls.	Checked 2026-07-18; re-open before acting

These sources are linked beside the claims they support. If a live service, formal notice, contract or officer's written response differs from a general page, keep both and ask which newer fact or rule produces the difference. Do not choose the more convenient answer without resolving that conflict.

For adjacent questions, continue with our [Singapore dining planner](#) and [family event planner](#). Each serves a separate next-step intent.

Run a final verification before committing

Start with the first decision signal in the table: **Under 18 months**. Confirm whether the present facts really support —?avoid screens except interactive video chatting—?. Then test the opposite edge case—?**Bedtime is delayed**—?because that is where an apparently simple plan can fail. Write the answer in plain language and attach the dated evidence; do not leave an unspoken assumption in a spreadsheet cell.

Next, ask another adult or colleague to reproduce the worked application without seeing the result. Give that person only the source links and inputs. If the answer changes, identify whether the difference comes from arithmetic, definition, timing or judgement. Recalculate using the live figure, retain both versions and state why the later one controls. This check is especially important when the choice depends on Grow Well SG healthy behaviours and HealthHub healthy screen habits.

Finally, rehearse the first three actions—?set the age-based ceiling; map schoolwork separately; make meals device-free—?and set a stop point before any payment, filing, booking, upload or irreversible instruction. The stop point is reached if a required approval is absent, a source has changed, the named person cannot confirm the facts, or the downside in —?calling leisure homework—? is still possible. This makes the guide usable under pressure and gives the next person enough context to continue without guessing.

Errors that change the outcome

- Calling leisure homework
- Using screens every meal
- Leaving phones beside beds
- Rules adults ignore
- Focusing on minutes while sleep worsens

Keep the dated authority pages, calculation inputs, confirmations and advice used for the decision. This article applies public information to a general fact pattern and does not determine an individual application, contract, tax position, medical need or legal dispute. Recheck the primary source immediately before acting.

Questions readers ask

What for ages seven to 12?

Under two hours daily outside schoolwork.

Stop before bed?

Grow Well SG recommends one screen-free hour.

What about babies?

Under 18 months, avoid screens except interactive video chatting.

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Author

nuraisyah