

SCREEN TIME GUIDANCE FOR UNDER 5S



How much screen time should my child have?

- For children aged 2-5 years try to keep it to 1 hour a day or less if possible.



How does my own screen use affect my child?

- Lead by example: children will copy your screen habits. Be mindful of using your phone around your child.
- Be present with your child: young children need attention, interaction and shared moments with their parents/carers to feel secure.



How does screen time affect my child's development?

- 90% of brain growth happens before the age of 5.
- A large amount of screen time is linked with negative effects on children's health and development.



My child has SEND. Is the advice the same for us?

- Some children with special educational needs or disabilities may need a more tailored approach when it comes to screens. Screen-based assistive technology can be an important tool to help some children communicate.



When and where is okay for my child to use screens?

- Avoid young children using screens alone: it reduces opportunities for social time and active play.
- Screen free zones: keep bedrooms and mealtimes free from screens.
- Background watching: try not to have screens on in the background, particularly during family time, meals or playtime.

What content should my child be accessing?

- Young children's brains are stimulated much more easily than adults so they require specific content.
- Slow-paced content is better for young brains.
- Safe content: use parental controls to block inappropriate, harmful content.
- Avoid social media.
- Avoid AI toys, tools or chatbots. AI is still being investigated as to how it may affect a young brain.

