

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'How much is too much screen time for children?'



Birth to 5 years

6 to 10 years

11 to 17 years

Waking up



No screen time between birth - 24 months



Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day

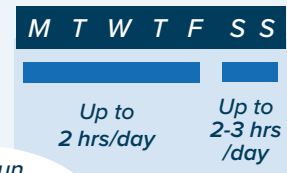
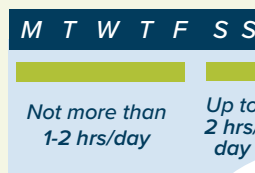


Phones, tablets and computers should not be in any child's bedroom overnight.

Hours per day



2 - 5 year olds no more than 30 mins/day



Watching lots of short videos is being linked to concentration difficulties in children.

No screen time between birth - 24 months

'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'

Leisure

Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle

Keep active
'Encourage physical activity, ideally outside, for 1-2 hours'

'Try and ensure screen-free time together'

Stay active. More green time, less screen time

Reports suggest adults touch their phones over 2000 times a day.

Sleep Hygiene



Under 5s should not use a screen at least 2 hours before bedtime

'Bedtime stories are the best and healthiest way to settle your child'



No screens at least 1 hour before bedtime

'Buy an alarm clock so that screens are not in the bedroom'



'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'



SCAN ME