

## Shared moments

Try to avoid screentime.

Only use screens for shared moments such as video calls with friends or family, or looking through digital photo albums together.

## Safer screen content

Choose screen content that is specifically for under 2's. Slower paced, simple content is better for little brains.

Keep meals, bedrooms and bedtimes screen-free, avoid having TV in the background.

## Time Together

Babies and toddlers learn best from people and active play.

Sleep, cuddles, talking, crawling, tummy time and exploring all help children's development.



Derby and Derbyshire  
Safeguarding Children Partnership

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# Healthy Screentime for under 2's

Evidence-informed guidance to support parents/carers in shaping healthy screen time habits for developing little brains.

## Under 2's with SEND

Some simple screen tools may help, but they shouldn't replace play, movement or one-to-one time with adults.

To find out more about how to keep little minds safe, visit



Kids Online  
Safety

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