

How much screentime should my child have?

Under 2's: try to avoid screens. Only use screens for shared moments.

2-5 year olds: try to keep to an hour or less a day.

Play, movement, reading and quality time with adults is best.

My child has SEND needs

Screens and apps can help communication, but children still learn best with play, moving, talking, reading and close time with adults.

Healthy Screentime for 0-5 year olds

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

Safer screentime

Little brains are stimulated much more easily, so children need content specifically made for them.

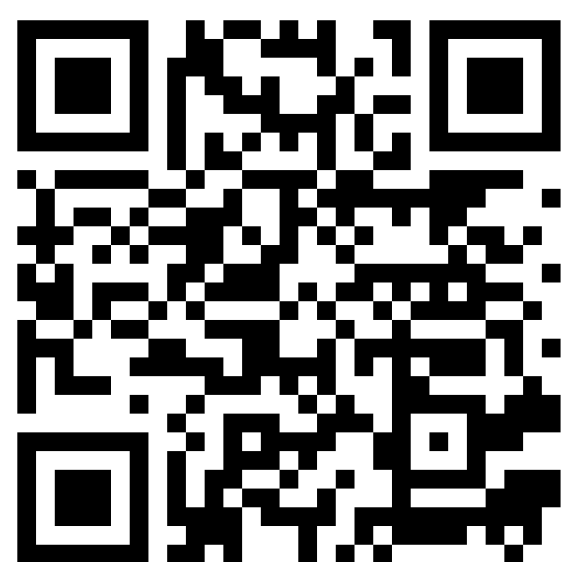
It's best to watch and discuss content together to make screen time safer and more meaningful.

You're in control

Children will copy your screen habits so lead by example.

Set parental controls and have clear boundaries for screentime.

Keep mealtimes, bedrooms and the hour before bed screen-free.



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

**Kids Online
Safety
Campaign.gov.uk**

