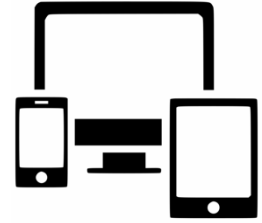




Family Learning - Early Years

Tips for Screen Time



Limits

Limits to screen time are necessary for healthy child development. 2-5 year olds should access around 1 hour a day. Too much screen time can be harmful, for example causing behaviour issues. Importantly, young children need to be physically active. Limit your own screen time when with your child.

Other Activities

Children can grow dependent on technology for entertainment. Encourage other activities that don't involve screens. Get your child to play outside or play a game, such as hide-and-seek. Set aside time for the whole family to turn off technology, for example during dinner.

Content

Find age-appropriate apps, games and websites (for example, CBeebies games and eBooks on the Oxford Owl website). Interactive experiences and games that encourage active play can support your child's development of language and other skills. Stick to age ratings to prevent your child being exposed to inappropriate content.

Parental Controls

Set up parental controls and make devices safe for your child. Monitor what your child is watching and doing. Encourage your child to tell you if there is a problem. Your child's online safety is crucial.



Join In

Play your child's favourite game and discover the online world together.

Bedroom

Don't allow screen media in the bedroom. It can be difficult to monitor what your child is doing and interfere with their sleep. Encourage your child to stop using screens an hour before bedtime.

Rewards and Consequences

Try to avoid using screen time as a reward or consequence. It makes children want it more. By raising its status children can develop an unhealthy relationship with it and overuse it. If you do decide to take away devices for misbehaviour, consistently follow through with the consequence and set a timeframe.

Interactions

It's important to prioritise face-to-face interactions. Regularly give your child your full attention, including eye contact. Try to put your phone down when talking to your child. At pick-up from Manorfield, greet your child with a smile, not a mobile.