



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

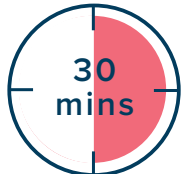
Birth to 5 years

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'



0 - 24 months



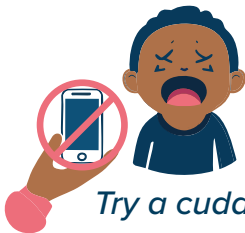
2 - 5 year olds



Bigger is better



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



Try a cuddle or a game



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

RECOMMENDATIONS:



NO screen time between **birth - 24 months** except for video chatting with family and friends.



30 MINS screen time. Children aged **2 - 5 years old** should not be on screens for more than **30 mins per day.**



BIGGER screens. If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen.** These cause less visual strain than a phone.



AVOID using a device **to settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**



***SLEEP HYGIENE.** Under **5s** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

*'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



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