



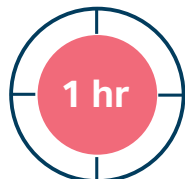
# Birth to 5 years

## 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



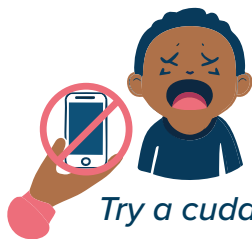
2 - 5 year olds



Slow and simple content



Keep young children away from AI toys, smart speakers and chatbots until there's more evidence on how they affect your child.



Try a cuddle or a game



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

### RECOMMENDATIONS:

- 1 NO screen time** between **birth - 24 months** except for video chatting with family and friends.
- 1 hour screen time.** Children aged **2-5 years** old should not be on screens for more than **an hour** a day, but less is better.
- Slow and simple content** is better for young kids. Fast, flashy social media-style videos can make it harder for them learn to concentrate so it's best to avoid those.
- 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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