

# YOUR TIPS FOR A HEALTHIER SCREEN TIME

*'How much is too much screen time for children?'*



Birth to 5 years

6 to 10 years

11 to 17 years

Waking up



No screen time between birth - 24 months

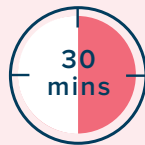


Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day

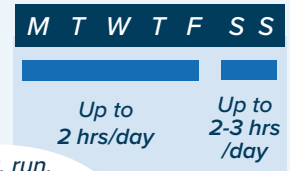
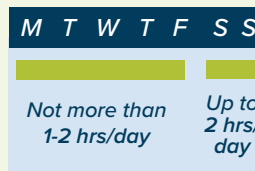


Phones, tablets and computers should not be in any child's bedroom overnight.

Hours per day



2 - 5 year olds no more than 30 mins/day



'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'

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

Leisure



'Try and ensure screen-free time together'



Stay active. More green time, less screen time



Reports suggest adults touch their phones over 2000 times a day.

Sleep Hygiene



Under 5s should not use a screen at least 2 hours before bedtime

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



No screens at least 1 hour before bedtime

'Buy an alarm clock so that screens are not in the bedroom'



Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME