# **YOUR TIPS** FOR A HEALTHIER SCREEN TIME

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



Birth 5 years

to 10 years

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 bedroom overnight.

### Hours per day



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

No screen time between birth - 24 months





'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



Avoid using a device to

settle your child down. Instead try a book, a game outdoors, or just a cuddle

before bedtime



Try and ensure screen-free time together'



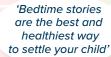
Stay active. More green time, less screen time





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

# Sleep Hygiene





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



*'Encourage* 

physical activity,

ideally outside,

for 1-2 hours'



No screens at least 1 hour before bedtime

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