
















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																												
																															
<h3>Waking up</h3>	 <p>No screen time between birth - 24 months</p>	 <p>Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day</p>																													
 <p>Phones, tablets and computers should not be in any child's bedroom overnight.</p>																															
<h3>Hours per day</h3>	 <p>2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months</p>	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="6">Not more than 1-2 hrs/day</td><td>Up to 2 hrs/day</td></tr></table> <p>'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'</p>	M	T	W	T	F	S	S	Not more than 1-2 hrs/day						Up to 2 hrs/day	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="6">Up to 2 hrs/day</td><td>Up to 2-3 hrs/day</td></tr></table>	M	T	W	T	F	S	S	Up to 2 hrs/day						Up to 2-3 hrs/day
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 <p>Watching lots of short videos is being linked to concentration difficulties in children.</p>																															
<h3>Leisure</h3>	 <p>Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle</p>	 <p>Keep active 'Encourage physical activity, ideally outside, for 1-2 hours'</p>	 <p>'Try and ensure screen-free time together'</p>  <p>Stay active. More green time, less screen time</p>																												
 <p>Reports suggest adults touch their phones over 2000 times a day.</p>																															
<h3>Sleep Hygiene</h3>	 <p>'Bedtime stories are the best and healthiest way to settle your child'</p> <p>Under 5s should not use a screen at least 2 hours before bedtime</p>	 <p>'Buy an alarm clock so that screens are not in the bedroom'</p> <p>No screens at least 1 hour before bedtime</p>																													

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



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