### 'FIVE A DAY'

## YOUR TIPS FOR A HEALTHIER SCREEN TIME



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

'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.'







## Birth to 5 years

'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 vear olds





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

Bigger is better



Try a cuddle or a game





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

#### **RECOMMENDATIONS:**

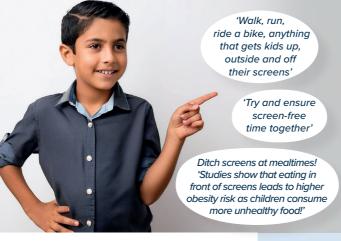
NO screen time between birth - 24 months except for video chatting with family and friends.

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 vour 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.



# 10 years

'Studies show a clear link between excessive screen use and difficulties with concentration, sleep, and mental health. Children must get outside in daylight for at least 76 mins per day to help protect their eyes from \*short-sightedness.'



No screens



М	Τ	W	Т	F	s s
Not more than 1-2 hrs/day					Up to 2 hrs/ day

Screen-free



time together



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

#### **RECOMMENDATIONS:**

- **WAKING UP WITHOUT screens** It is recommended that social media/screens are not used for the first hour of the day.
- 1-2 HRS PER DAY is the suggested screen time in the week and not more than 2 hours on weekends.
- **STAY ACTIVE** Encourage physical activity, ideally outside, for 1-2 hours a day.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

**SCREEN-FREE** time together Children will often mimic behaviours of the adults around them. Consider your own social media usage/ phone checking behaviour.

Sleep Hygiene. No screens 1 hour before bedtime

It is recommended that screens should not be used 1 HOUR before bedtime. Phones, tablets and computers should not be in a bedroom overnight.





# 11 to 17 years

'Studies show there is a clear link between excessive social media and screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'



No screens



Stay active. More green time, less screen time





Screen-free time together

#### **RECOMMENDATIONS:**

- WAKING UP WITHOUT screens
  It is recommended that social
  media/screens are not used for
  the first hour of the day.
- SCREEN TIME As a general rule, it is suggested that screen time should not exceed 1-2 hours per day in the week and not more than 3 hours on weekends.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

- STAY ACTIVE Encourage physical activity, ideally outside, for at least an hour per day.
- SCREEN-FREE time together
  Children will often mimic
  behaviours of the adults around
  them. Consider your own social
  media usage.





Be careful of violent or frightening content especially before bed.

No screens at least 1 hour before bedtime

6

Phones, tablets and computers should not be in a bedroom overnight.

