

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

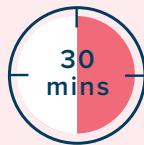


Waking up without screens.
It is recommended that social media/screens
are not used for the first hour of the day



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

No screen time between
birth - 24 months

M	T	W	T	F	S	S
Not more than 1-2 hrs/day						Up to 2 hrs/ day

M	T	W	T	F	S	S
Up to 2 hrs/day					Up to 2-3 hrs /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



Avoid using
a device to
settle your child down.
Instead try a book, a
game outdoors, or
just a cuddle



Keep active

'Encourage
physical activity,
ideally outside,
for 1-2 hours'

'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'



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

No screens at least
1 hour before bedtime

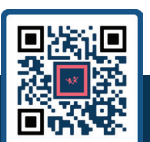


Accepted by NHS England Mental Health Leads

'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



SCAN ME