



# SCREEN TIME

## for Under 5s

Healthy habits for little eyes and growing minds

Screens are part of modern life, but young children learn best through play, movement, sleep, conversation and connection. The aim is balance.

### WHAT DOES THE NEW GUIDANCE SAY?



#### Under 2s

Avoid screen time where possible, except for shared activities such as video calls or looking at photos together.



#### Ages 2-5

Try to keep screen time to around **1 hour a day**. Less is better.



Shared, interactive screen use with an adult is better than passive watching.



Try not to let screen time replace sleep, active play or time together.



### WHY DOES BALANCE MATTER?



Too much screen time can affect sleep, attention and emotional regulation.



Young children need lots of talking, playing and face-to-face interaction.



Long periods on screens may contribute to eye strain and less blinking.



Outdoor play and looking into the distance are helpful for healthy visual development.



Background TV can distract children from play and communication.



### HEALTHY SCREEN HABITS



Watch together when possible and talk about what your child is seeing.



Choose calm, slow-paced, age-appropriate content.



Avoid fast-paced social media-style videos.



Keep mealtimes and bedrooms screen-free.



Avoid screens for the hour before bed.



Build in regular breaks and plenty of active play.



Keep screens at a sensible distance and avoid long continuous use.



Adults can model healthy screen habits too.



### TRY THIS INSTEAD



Books



Singing



Outdoor play



Messy play



Building



Role play



Drawing



Talking together

### LOOK AFTER LITTLE EYES



- ✓ Encourage regular movement and screen breaks.
- ✓ Get outside every day where possible.
- ✓ If you are worried about your child's eyes or vision, speak to your GP, health visitor or optician.

### AT ST BERNARDS

We place real-life play, communication, movement and relationships at the heart of learning. Screens are not used as a replacement for interaction, play or active learning.



Small changes can make a big difference.

Aim for balance, connection and plenty of play.



Based on 2026 UK guidance for parents and carers of under-5s.

