



At New Beginnings Day Nurseries, screens are used purposefully, sparingly and always with adult interaction. Children's relationships, play and communication always come first.



FOR STAFF

SCREEN TIME vs SCREEN USE



Screen Time

The amount of time a child spends looking at a screen.



Screen Use

How, why and in what context screens are used.

Quality matters more than quantity.

RECOMMENDED DAILY LIMITS

Under 2 years



- ✗ Avoid screen time wherever possible.
- ✓ Exception: Video calls with parents and carers.

2–5 years



- ✓ Maximum 1 hour per day.
- Less is better.



Remember children may already have used screens before arriving at nursery.

GOOD PRACTICE

- ✓ Always co-view screens with children.
- ✓ Use screens for planned learning opportunities.
- ✓ Keep sessions short.
- ✓ Encourage conversation and interaction.
- ✓ Link screen use to children's interests.
- ✓ Return children to active play afterwards.



CHOOSE CONTENT CAREFULLY

- ✓ Age appropriate
- ✓ Slow paced
- ✓ Predictable
- ✓ Repetitive
- ✓ Advertisement free
- ✓ No autoplay
- ✓ No scrolling
- ✓ Reviewed before use



AVOID

- ✗ Fast moving cartoons
- ✗ Flashing images
- ✗ Loud or complex audio
- ✗ Video platforms with recommendations
- ✗ AI toys and AI applications
- ✗ Passive watching



SCREENS SHOULD NEVER...

- ✗ Replace adult interaction
- ✗ Replace stories, songs or conversations
- ✗ Occupy children during transitions
- ✗ Be used to manage behaviour
- ✗ Be used to calm distressed children
- ✗ Be on in the background
- ✗ Be used during meals
- ✗ Be used within one hour before sleep

STAFF RESPONSIBILITIES



Children are always supervised.



Devices are used in accordance with safeguarding procedures.



Images are kept to a minimum.



Parent communication remains secure.



Personal mobile phone policy is followed at all times.



FOR PARENTS & CARERS

WHY IT MATTERS

Too much screen time is linked to poorer language and social skills, reduced attention and lower ability to learn and solve problems. Screens can also take time away from sleep, play, movement and important family interactions.



HOW MUCH IS ENOUGH?

Under 2 years



- ✗ Avoid screen time wherever possible.
- ✓ Exception: Video calls with parents and carers.

2–5 years



- ✓ Maximum 1 hour per day.
- Less is better.



Children may already have reached their daily limit before they arrive at nursery.

TIPS FOR HEALTHY SCREEN USE AT HOME

- ✓ Choose high quality, age appropriate content.
- ✓ Watch and engage with your child.
- ✓ Keep screen time short and planned.
- ✓ Avoid fast paced, overstimulating content, adverts, autoplay and scrolling.
- ✓ Put screens away during mealtimes, playtime, travel and within one hour before sleep.
- ✓ Encourage screen-free time every day for play, reading, talking and being active.



WHAT WE DO AT NURSERY



Screens are used sparingly and for planned learning opportunities.



Staff always co-engage with children.



Sessions are short and linked to learning aims.



We encourage conversation and thinking together.



Children return to active play and interaction.



CHILDREN WITH SEND

Screen-based assistive technology can be an important tool for communication, well-being and learning for some children with SEND. We use these tools thoughtfully and on an individual basis to support each child's needs.



At New Beginnings Day Nurseries, technology enhances learning—it never replaces relationships, communication, play or high-quality interactions with children.

