Healthy and Unhealthy Screen Time

Unhealthy

Screen Time

- more than 3 hours a day
- unsupervised use
- inappropriate content accessed
- no child lock or restrictions in place
- significantly reduces the amount of time spent enjoying free play or physical activity
- used during meals
- passive watching
- content causes anxiety, difficulty switching off, overstimulation or has a negative impact on mental health

Healthy

Screen Time

- up to 1 hour a day
- supervised use
- set rules and limits that are appropriate to the child
- parents are involved and are aware of what is being accessed
- parents engage with the child during screen time
- no screens at the table
- the child enjoys plenty of free play and physical activity as well as screen time
- content is educational or inspires play, discussions and interests

*This is a guide to what healthy and unhealthy screen time might look like. We recognise that every family is different, children respond to screen time in different ways and that circumstances can vary. Always be mindful of how much screen time your child is having and look out for signs that they are having too much screen time, such as being overstimulated, having poor sleep or struggling to focus. If you are concerned your child is having too much screen time, consider setting limits and encouraging other activities.

Disclaimers: We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

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