

# '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.**'



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME

Accepted by **NHS** England Mental Health Leads



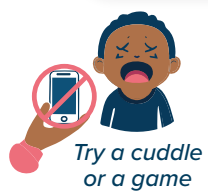
'Bedtime stories are the best and healthiest way to settle your child'

# 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.'



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



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

## RECOMMENDATIONS:

- 1 NO screen time** between **birth - 24 months** except for video chatting with family and friends.
- 2 30 MINS screen time.** Children aged **2 - 5 years old** should not be on screens for more than **30 mins per day.**
- 3 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.
- 4 AVOID** using a device to **settle your 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.**
- 5 \*SLEEP HYGIENE.** Under **5s** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

\*'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'

'Try and ensure screen-free time together'

Ditch screens at mealtimes!  
'Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food!'

# 6 to 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

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



Keep active



Screen-free time together



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



Sleep Hygiene.  
No screens  
1 hour before bedtime

## RECOMMENDATIONS:

### 1

#### WAKING UP WITHOUT screens

It is recommended that social media/screens are not used for the first hour of the day.

### 2

**1-2 HRS PER DAY** is the suggested screen time in the week and not more than **2 hours on weekends**.

### 3

**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.

### 4

#### SCREEN-FREE time together

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

### 5

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



\*Myopia (short-sightedness) is typically corrected with glasses but may increase the risk of severe eye conditions later.



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

'Encourage connection with friends in person, wherever possible'

# 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

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



Stay active.  
More green time,  
less screen time



Screen-free  
time together



No screens at least  
1 hour before bedtime



Be careful of violent or frightening content especially before bed.

## RECOMMENDATIONS:

### 1

#### WAKING UP WITHOUT screens

It is recommended that social media/screens are **not used for the first hour of the day**.

### 2

#### 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.

### 3

#### STAY ACTIVE

Encourage physical activity, ideally outside, for at least **an hour per day**.

### 4

#### SCREEN-FREE time together

Children will often mimic behaviours of the adults around them. **Consider your own social media usage**.

### 5

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



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