Healthy Living

Top Tips Of The Week - Screentime Vs Sleeptime

Balancing screen time with other activities

- ❖ Screen time can be a fun, learning experience for your child but it's important to balance screen time with other activities that are good for your child's development.
- ❖ Make sure you include physically active play, creative play like solving puzzles and drawing, looking at books, and conversation with family and friends.

You can find this balance for your child by:

- ❖ Setting screen time limits according to the age of your child and your family's daily or weekly routine.

- ❖ Don't' have screens on at meal times – including Adults!! Switching them off helps even very young children learn about socialising, talking with others and using table manners

- ❖ Encouraging your child to play outside, draw and play creative games like puzzles.

It's best to keep their screen time to a minimum:

- ❖ For children under 2 years old, screen time is **not recommended**.
- ❖ For children 2 to 5 years old, limit routine or regular screen time to **less than 1 hour per day**.

Good-quality media can support your child's learning, especially if it ties in with his/her interests or sparks their imagination. **BBC Bitesize** has lots of age appropriate content you can look at with your children.

Also, make sure you child is getting enough sleep and that screens are not interrupting it

Age	Day	Night
2 years	1 hour 30 minutes	11 hours 30 minutes
3 years	0-45 minutes	11 hours 30 minutes to 12 hours
4 years		11 hours 30 minutes
5 years		11 hours

Please get in touch if you have any questions about these tips