A MINI GUIDE TO

Building a healthy relationship with screens in the home

Useful Resources

Teulu Cymru
www.facebook.com/teulucymruwales
Tiny Happy People
www.bbc.co.uk/tiny-happy-people
Cyw
cyw.cymru
Unicef Parenting
www.unicef.org/parenting/child-development/babies-screen-time
NSPCC
www.nspcc.org.uk/keeping-children-safe/online-safety/
Internet Matters
www.internetmatters.org/resources/screen-time-tips-to-support-0-5-year-olds/
*small***talk magazine**
www.earlyyears.wales/en/category/magazine-digital-download

About Us

Early Years Wales enhances the development and education of pre-school children in Wales by encouraging parents to understand and provide for their needs through high quality pre-school provision and childcare.

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Early Years Wales
Blynyddoedd Cynnar Cymru

Can screen time be good for children?

Phones, tablets and computer screens are part of all our lives, including our children's. Whilst parents spend a lot of time worrying and feeling guilty about how much screen time their child has, used in the right way our devices can provide opportunities for learning.

Parents often ask their early years providers for help and support in understanding how much screen time is healthy or not...

We've done the research and put together some tips for using screens in a positive way, and where you can signpost parents so they can be best placed to make those decisions for themselves.

How much is too much screen time?

The World Health Organisation (WHO) published guidance on physical activity, sedentary behaviour and sleep for children under 5 years of age. The guidance states that to grow up healthy, children need to sit less and play more.

WHO has the following recommendations for screen time:
under 1: screen time is not recommended
1-year-olds: sedentary screen time (such as watching TV or videos, playing computer games) is not recommended
2-year-olds: sedentary screen time should be no more than 1 hour; less is better
age 3-4: sedentary screen time should be no more than 1 hour; less is better.
(Ref: bit.ly/DeptforEducation)

Many Early Years settings across Wales are already well aware of the negative impact of excessive screen time, meaning they employ an extensive range of internal policies which either limit screen usage for the purposes of learning whilst in the setting, or outlaw it altogether. This is a positive approach, teaching children about the importance of learning through play, encouraging movement and discouraging sedentary time in front of screens.

However, once the child leaves the setting, these healthy habits may not be reflected at home.

How parents can use devices to provide learning opportunities for their children.

- **Reading Together**
Digital devices can play a crucial role in supporting young children with their literacy. For tips on how to create meaningful experiences and help your child foster a love of reading visit:
bit.ly/Reading_Together

- **Make Video Calls**
In a world where many families live so far away from each other, video calls provide precious moments for families and are a really fun way for children to engage with their loved ones. As well as being a great way for family members to see each other, video calls can be really interactive. Why not take your Grandparents with you when you go to the park!

- **Take Photographs**
The perfect way to create memories. By letting your child take control of the camera you get a true insight into how they see the world. Use their photos to help them reflect and talk about their experiences.

- **Expand their interests...**
Children are curious. Digital devices are perfect for finding information at the drop of a hat! You can harness your child's interest and create a wonderful learning opportunity together.