




# My child has lots of screen time...




## Top Tips

1. **Set** some 'screen-free' times for the whole family, such as **before bed** and at **mealtimes**.
2. **Keep** smaller devices **out of reach**, so your child cannot grab them.
3. **Sit with your child** while they are watching a programme and talk about what is happening.
4. **Keep** screens in the living room (**avoid eating areas and bedrooms**).
5. **Ask your child** about what they have watched. Encourage them to talk or draw a picture about it.



0-2 year-olds  
should have no  
screen time\*



2-5 years-olds  
should have less  
than 1 hour per  
day\*