

What should my toddler be watching?

New guidance recommends that content for under-fives is...

Slow-paced

Simple

Created specifically for them

Made with a clear beginning, middle and end



How much screen time is too much?

For under-twos:
Avoid screens except for shared, interactive use

For two-to-fives:
Aim for no more than one hour a day

How does screen time affect my child?

Solo screen time can have a negative impact: it removes a chance for interaction and play.

But there are positive uses, like watching shows together and talking about what you've seen.

There's no substitute for face-to-face interaction with your child. It helps to develop their language and social skills!

Screen time: things to avoid

- Screens at mealtimes and an hour before bedtime
- Having a screen on in the background
- Solitary screen time for under-twos

Think about your child's age and needs - every child is different!