



Screen Time

- Children learn best through interacting with adults and the world around them.
- Children might learn to copy words from a screen, but they need two-way interactions with a real person to learn how to use the words to communicate.
- Increased use of screens can have a negative impact on a child's communication and behaviour.

Recommendations from World Health Organisation (WHO)

No screen time for children 0-2 years old

Up to 1 hour of screen time a day for children 2-4 years old

Top Tips

1. Turn off background TV
2. Limit your child's access to the TV, iPad/tablet/computer & phone
3. Spend time playing with your child
4. Talk to your child about the world around them
5. Visit www.bbc.co.uk/tiny-happy-people for more ideas



The World Health Organisation recommends the following guidelines:

0-2 year old – Screen time is not recommended

2- 4 year olds -Sedentary screen time should be no more than 1 hour

Let's look at the evidence for why we should reduce

- A study in Canada followed almost 900 young children between six months and two years of age. They found that **toddlers who were exposed to more handheld screen time were more likely to have delayed expressive language**
- Another study surveyed over 1,000 parents of children under the age of two. They found that **toddlers who watched more videos said fewer words.**
- Studies of young children report associations between screen time and cognitive development outcomes, such as short-term memory skills, academic achievement in reading and math, and language development. **High levels of screen time in early childhood also appear to negatively impact academic and social outcomes in the long-term.**
- Researchers believe **interactive conversation gives children more of an opportunity to practice their communication skills**, including the ability to understand what another person is trying to say and to respond in an appropriate way.

“Family conversation at home is associated with brain development in children. It's almost magical how parental conversation appears to influence the biological growth of the brain.”

