

### Communication and Language Top Tips: Limit Screen Time

Children are social beings that learn best through interacting with the world around them. Babies and young children imitate the actions of the important people in their lives.



Use screens together, whenever possible.

### Screen free time



- Make time for screen-free activities e.g. play, outdoor time and reading.
- Keep screens off during mealtimes and before bed.
- Read or sing at bedtime.

Scan QR code or click the link to see the video:  
[Our Kids, Their Screens, The Evidence](#)

### Video calls



- For children under 2 use devices for video calls to friends and families.
- This helps children practice their early talking skills.

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[Ideas for games over video calls and tips for video calls](#)

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The World Health Organisation (WHO) recommends...

- 0-2 year old: no screen time.
- 2-4 year old: up to 1 hour a day screen time.

Health Professionals for Safer Screens say:  
*"Studies have shown that too much screen time can cause babies and toddlers to learn fewer words and have slower language development. Excessive use of screens is also being strongly linked to behavioural difficulties in very young children."*

Avoid short-form media such a YouTube. Choose high quality, age-appropriate TV programs like CBeebies.

Avoid using a device to settle your child down. Evidence shows this makes their anger and frustration worse in later life. Instead read a book, play a game or just cuddle.

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Make it meaningful



- Find information relating to your child's interests.
- Create an office or shop.
- Talk about what they see and point to.

Scan QR code or click the link to see the video:  
[At-Home Learning Activities for Parents of Young Children](#)

Make screen time interactive



- Talk (narrate) to your child about what they are doing.
- When your child's ready to play a short game, use a bigger screen e.g., tablet or computer to help reduce some of the visual strain.

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[Dr Susie Davis Screen Advice \(families\)](#)

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