

Start Well Early Years Communication and Language Development Service

Screen time guidance

Young children should have the opportunities to participate in a range of developmentally appropriate, safe, enjoyable, play-based physical activities.

The quality of inactive time matters and interactive non-screen-based activities such as reading, storytelling, singing and puzzles are important for social and cognitive development as well as recreation and relaxation.

Replacing less physical activities such as screen time with more moderate- to vigorous-intensity physical activity, while preserving sufficient sleep, can provide additional health benefits.

Regular sleep and wake-up times can help to ensure adequate, good quality sleep.



Bolton

NHS Foundation Trust



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Clinical Commissioning Group



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Strategies to support language development

These guidelines are for all healthy children under 5 years of age

- **Infants (less than 1 year):**

Screen time is not recommended.

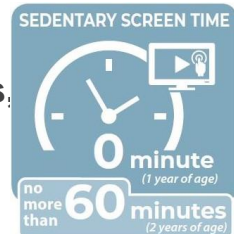
Whenever possible, engaging in reading and storytelling with a caregiver is encouraged.



- **Children 1-2 years of age:**

For 1-year-olds, inactive screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, screen time should be no more than 1 hour; less is better.

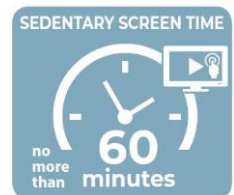
When children are sitting, engaging in reading and storytelling with a caregiver is encouraged.



- **Children 3-4 years of age:**

Screen time should be no more than 1 hour; less is better.

When children are sitting, engaging in reading and storytelling with a caregiver is encouraged.



Reference: World Health Organization. (2019). *Guidelines on Physical Activity, Sedentary Behaviour and Sleep For Children Under 5 Years of Age*. Available: <https://apps.who.int/iris/handle/10665/311664> Last accessed 5th August 2019.

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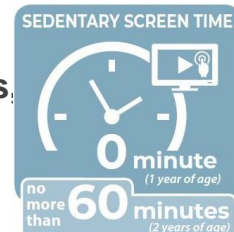
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