

Handy guide

Screen Sense

For parents, carers, health visitors, public health nurses
and community nursery nurses

Screen sense

Follow the screen sense guidance to help your child to:

- promote healthy activity levels and weight for your child
- reduce sleep problems
- promote development of speech, social and physical skills.

Under one Babies under 4-5 months of age are not able to avert their gaze from a flickering light source and bright light from screens close to sleep time will disrupt sleep.¹

Infants and toddlers should have no screen time except interactive video chat (FaceTime, Skype).²

Paediatricians recommend **1 hour** screen free time before bedtime-this includes bedtime videos.³

¹ Source: Cheung et al, 2017

² Sources: Australian Government Department of Health (2017), Canadian Paediatric Society (2017), American Academy of Paediatrics, Chassiakos et al, (2016)

³ Source: The Royal College of Paediatrics and Child Health (RCPCH) 2019

Under two From 18 months small amounts of high quality TV content is acceptable, provided a parent watches with the child.¹

Infants and toddlers should have no other screen time except interactive video chat.²

Paediatricians recommend **1 hour** screen free time before bedtime - this includes bedtime videos.³

Parents should act as role models when with their children - viewing suitable content together and otherwise avoiding screen use

Under five For 2-5 year olds screen time should be limited to **1 hour** a day with parents present to interpret the content

Families should have a media plan to limit use of media.⁴

Paediatricians recommend **1 hour** screen free time before bedtime-this includes bedtime videos.⁵

Research suggests that screen time shared with parents provides the most benefits for children (Public Health England 2012)

^{1/2/4} Australian Government Department of Health (2017), Canadian Paediatric Society (2017), American Academy of Paediatrics, Chassiakos et al, (2016)

^{3/5} The Royal College of Paediatrics and Child Health (RCPCH) 2019

Under five to Eleven Restrict screen time (including TV, smartphones, tablets and video games) to no more than **2 hours** a day of **safe** content.

Paediatricians recommend 1 hour screen-free time before bedtime - this includes bedtime videos.¹

Work towards open communication about online activity, rather than attempting to control it.²

Useful websites

Health Visiting www.ghc.nhs.uk/healthvisiting

Common Sense Media www.common sense media.org

School Nursing www.ghc.nhs.uk/our-teams-and-services/school-nursing

Internet Matters www.internetmatters.org

Institute of Health Visiting www.ihv.org.uk

Parent Zone www.parentzone.org.uk

Parenting for a Digital Future www.parenting.digital

UK Safer Internet Centre www.saferinternet.org.uk

¹ The Royal College of Paediatrics and Child Health (RCPCH) 2019

² Source: Hill, Smith, DR. A 2015, Self-harm: facts for parents