

Screen Sense -Advice for Parents

Follow **Screen Sense** overleaf to help your child get the best from screens to:

- Promote **healthy activity levels and weight for your child**
- Reduce sleep problems
- Promote **development of speech, social and physical skills**



Under One

Screen Sense

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

Source: Cheung et al, 2017

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

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

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

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



Under Two

Screen Sense

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

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

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

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



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

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

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

Under Five

Screen Sense

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

Families should have a media plan to limit use of media

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

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

Source: The Royal College of Paediatrics and Child Health

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



Ages 5-11

Screen Sense

Restrict screen time (including TV, smartphones, tablets and video games) to less than 2 hours a day of **safe** content

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

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

‘Work towards open communication about online activity rather than attempting to control it’

Source: Hill, Smith, DR. A 2015, *Self-harm: facts for parents*, <https://parentinfo.org/article/self-harm-facts-for-parents>



Useful Websites

<https://www.glos-care.nhs.uk/our-services/children-young-people/health-visiting>

<https://www.common sense media.org>

<https://www.glos-care.nhs.uk/our-services/children-young-people/school-nursing>

Internet Matters (UK): www.internetmatters.org

Institute of Health Visiting (UK): <https://ihv.org.uk>

Parent Zone (UK): <https://parentzone.org.uk>

Parenting for a Digital Future

(International: www.parenting.digital)

UK Safer Internet Centre (UK):

www.saferinternet.org.uk

anxiety smoking relationships body image family issues
self harm mental health bullying smoking social media
harm drugs

If you're aged between 11-19 and want confidential, friendly, helpful advice, text a school nurse on 07507 333 351

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