



Waterhouses CE Primary Academy and Nursery

"Let your light shine"

Make your light shine, so others will see the good you do and will praise your Father in heaven. Matt 5 v 16

Information about Screen Time for children 0 – 5.

The Statutory Framework for EYFS 2026 has published documentation about screen time for children 0-5 for use in schools, private day nurseries and to share with parents.

Evidence shows that screens can have a big impact on children and their development in the early years.

Restricting time children spend on screens at home and in early years settings supports healthy child development, which requires sufficient sleep, play, real-world interaction and responsive adult engagement.

Evidence suggests that too much screentime is associated with poorer cognitive and behavioural abilities in children, such as reduced verbal activity and reduced vocabulary, and can be associated with developmental delays, reduced attention and lower executive function.

Information about Screen Time for children 0 – 5.

Under 2 years: Avoid screen time other than for shared activities that encourage bonding, interaction and conversation (e.g. video calls with family, looking at digital photo albums together, or shared e-books).

2–5 years: Try to keep total screen time to **no more than 1 hour a day** (less is better). Prefer short chunks of 30 minutes or less.

Content quality: Choose slow-paced, age-appropriate content with simple stories, fewer scene changes, clear speech and visible emotions.

Avoid fast-paced, social media-style videos, AI toys/tools/chatbots/smart assistants, and social media.

How screens are used: Co-view and interact (talk, ask questions) rather than leaving children using screens alone. Solo use should be kept to a minimum.

When and where: Keep mealtimes, bedrooms and the hour before bedtime screen-free. Avoid background screens during play or family time.

Balance: Screen time should never replace sleep, physical activity, creative play or direct interaction with adults.

For more information guidance for parents and carers on screen use can be found here:

[Baby and toddler screen time guidance - Best Start in Life.](#)