

Check out the YouTube video
'Make the most of screen-time'
(scan QR code)



13. Make the most of screen-time

Research shows no benefit of screen-time for children under the age of 18 months (except for video-calling with a family member)



Current HSE guidelines:

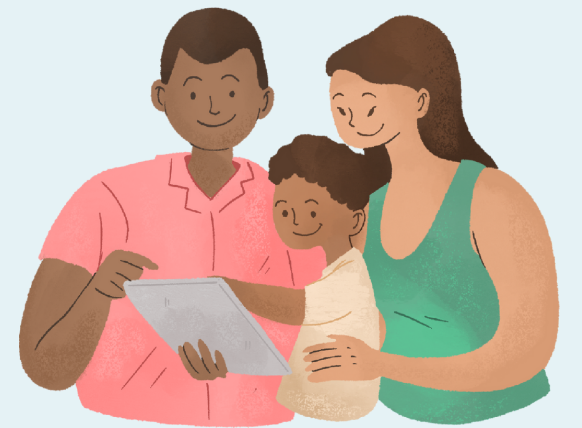
0 to 18 months → No screen-time (where possible)

18 months to 2 years → Short, occasional screen-time

Age 2 to 5 → Up to one hour per day (on average)



Controlled amounts of educational screen-time can have benefits for children aged 2 and up, especially when watched with an adult.



Higher amounts of screen-time lead to a higher risk of difficulties with physical health, language, sleep, behaviour, attention & eye-health.



Top Tips:

- Avoid screen-time in the hour before bed
Replace it with books, puzzles, play or gentle movement
- Turn off screens when they are not in use
- Have daily 'screen free' times; for example, at meal-times. This includes adults too!

