

TOP TIPS TO HELP YOUR CHILD:

Put your phone away when you are with me.

Play with me, talking about what we are doing.

Talk about what we can see.

Share simple stories, songs and rhymes with me.

Give me the words of things I am interested in.

Let me help you with everyday activities (eg. Like setting the table).

When I am upset or cross try different ways to help me with my big feelings other than give me a screen or other types of technology.



Contact your local family hub, health visitor or early years setting for further ideas and support

0 - 5 Health Visiting - North Lincolnshire Health and Wellbeing - (rdash.nhs.uk)



USEFUL RESOURCES

NL family - nlfamily.northlincs.gov.uk

EasyPeasy - easypeasyapp.com

BBC Tiny Happy People - bbc.co.uk/tiny-happy-people

Speech and Language UK - speechandlanguage.org.uk

Children's Screen Time Action Network - screentimenetwork.org

inourplace | Solihull Approach - inourplace.co.uk/north-lincolnshire/

Pregnancy, baby and parenting - www.nhs.uk/start-for-life/

Songs and Rhymes - soundcloud.com/northlincolnshirecouncil/sets/singing-together

North
Lincolnshire
Council

NL Family

Parents' Guide on Screen time for babies and young children



WHAT DO WE MEAN BY 'SCREEN TIME'?

'Screen time' is any time we spend looking at screens.

Screen time, technology, artificial intelligence and smart speakers is all around us! Many grownups own phones, televisions, tablets, consoles and more. But screen time for young children can impact their development and learning so it's important to find a good balance.

WHY SHOULD WE LIMIT SCREEN TIME?

Babies and children need lots of opportunities for joint attention to develop. Joint attention is when two people pay attention to the same thing and enjoy the moment together. Like looking at a dog together on a walk to the shop, singing a rhyme or looking at the pictures in a book.

Developing joint attention is essential for your baby and child's development as this is when you talk together about the moment you are sharing. Like when you chat together about getting dressed or playing with blocks. These moments together help your child's language development.

If adults are on their phones while playing with a baby, it can impact the baby's ability to practice their joint attention.



Studies show that children at two years old have lower vocabulary and use less words when parents spend lots of time on their phones or watching TV, this is because they don't experience as much joint attention. Children learn words by adults talking to them, especially their parents.

Babies and children who have too much screen time can have poor sleep.

Studies have found that increased screen time in babies and children can delay their language development.

When babies and children are given screens to distract them when they are upset, they may have difficulty managing their emotions now and in later life, this is because they don't have adults helping them with their feelings. Children and babies need grown-ups to co-regulate them, this means share the feeling with them and give them words that help understand the feeling e.g. "I can see you are really upset because you wanted the train."



Children and babies need real first hand experiences to understand the world they live in. A screen can never take the place of the real world and enjoying moments like... jumping in a puddle, helping doing the shopping, sharing rhymes or reading a story together.

80% of brain development happens in the first three years of life. By singing, playing and talking with your child you are giving them the best start!

"The single greatest factor in a child's development is their direct interaction with other human beings"

*Dr Dipesh Navsaria pediatrician
and CCF board member*

THE WORLD HEALTH ORGANIZATION RECOMMENDS (2019):



Babies and children under two years have no screen time.



Children aged two to five years have no more than one hour a day. (less is better!)

