

# Advice on screen use for young children



At meals, we can establish good eating habits and talk together. Avoid screens.

Children under 2 years old often like TV, tablets and mobile phones, but should not use them.

TV should not be on in the background where children play.



Put your phone away when you are with your child. Reduce notifications.



Help your child calm down and deal with emotions without a screen.

Give attention, talk a lot with the child using simple language, and encourage active play, such as with blocks, drawing, football, playing in the sandbox and playing with other children.



By following these advice, you strengthen your child's skills, physical development, and brain health

# Why should we follow the advice on screen use?



**Language is best learned through conversation.** By talking together, children get feedback, learn to understand facial expressions, body language, and practice language actively. Children need to learn all this to communicate well with others as they grow up. This kind of learning does not happen when children look at screens. Use simple words and short sentences, talk about what you see and do, for example, "Yes, look, a ball! A big ball. Do you want to hold it?" Read books and sing together.



**Children need help with emotions.** Too much screen time to calm children can weaken their ability to manage feelings. Explain what is allowed and what is not. When the child is upset or angry, stay calm and comfort them. Talk to the child about what happened, for example, "Adrian took your bucket. I see that you got angry and upset. But it's not okay to hit Adrian."



**Children need active play to learn.** They develop many skills by moving around, both indoors and outdoors, using their senses, and exploring different objects and toys. Through active play with other children and adults, they learn to solve problems and develop physical, social, and language skills. Sitting still and watching a screen does not provide this learning.