

Screen time for Under 5s



- The new guidance is available for free on the [Best Start in Life website](https://www.beststartinlife.gov.uk/), with key tips including:
- Under 2s: Avoiding screen time other than for shared activities that encourage bonding, interaction and conversation.
- 2 to 5-year-olds: Trying to keep it to no more than one hour a day. Avoid at mealtimes and in the hour before bed.
- Content: Choosing slow-paced, age-appropriate content. Fast-paced, social media-style videos and AI toys or tools should be avoided for young children.
- Co-viewing: Watching or using screens together - talking, asking questions and engaging with the content - is better for children's development than solo screen use.
- <https://www.gov.uk/government/news/new-screen-time-guidance-for-parents-of-under-5s>