

SCREEN GUIDELINES

0-3
years



Early years without screens

1 No screens for children under **two years of age**, or until language is well developed in children

2 From **2 to 3 years of age**, screen times need to be **minimal** and in the guided presence of an adult

3 Screen time is **shared time!**

5 Screens **cannot be given unsupervised** to children even if content children access is suited for their age

4 Screen time is closely associated with Sedentary time, **less screen time** is better. Children **under 3** are sensorial learners and need to move to learn