

# SCREEN GUIDELINES

3-6  
years



**Digital skills need to be taught**

**1** Not more than **one hour of screens per day**, and with the engagement of an adult

**3** On advice children **can have one device** that they identify to use (not theirs) so that they do not claim all devices as theirs to use

**5** Stick to **simple, short cartoons or easy-to-watch content** that you can cue to stop after a pre-determined time period

**2** Screens need to be like **a tool for engagement** between children and adults, like a book

**4** **Avoid online games** with children, instead play board games

**6** Screen time offered **in time slots** that are respected