

Healthy Screen time for 2-5 year olds

Evidence-informed guidance to support parents/carers in shaping healthy screen time habits for developing little brains.

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To find out more about how to keep little minds safe, visit **Kids Online**

Safety
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How much screen time?

Aim for an hour or less a day with screens, whether that's TV, phones, iPads or tablets, or online games.

Children learn best from play, talking, reading and positive time with adults.

2-5s with SEND

Screens can help with communication and routines.

Children still need play, movement, sleep, and calm one-on-one time.

You're in control

Children will copy screen time habits, so lead by example. Set parental controls and clear boundaries for screen time.

Keep mealtimes, bedrooms and the hour before bed screen-free.

Screen-swaps could be music, table games, reading together, colouring, or even 'I Spy'.

Safer screens

Choose slow-paced, simple shows designed for children.

Avoid fast social-media style videos, AI toys or apps.

Always check what your child is playing or watching, including online games.



Derby and Derbyshire
Safeguarding Children Partnership