


Less 
screen time


Too much screen
time means that
babies are not
exploring what's
around them.



More play time

Babies are naturally curious. Looking, listening and exploring what's around them will help their development.



Need some playful ideas?

Discover our 50 screen-free activities for children under 5!
From outdoor discoveries in the woods to sharing stories at home,
find your favourite activities and try them again and again!



Scan here for more

Please explore our app on your own, as it is important that children's use of screens is minimised in their early years.

50 things to do **five** before you're