



Less screen time

Too much screen time in front of your baby impacts on their emotional security.



## More play time

Eye contact, talking and gently singing helps you bond and form a connection with your baby.

## 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