

Less   
screen time  


Too much  
screen time in  
front of your  
baby can  
impact on their  
development.



## More play time

Your baby learns most by looking at  
your face. Make feeding, cuddles, or  
playtime screen-free time!

## 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