

A man with a beard, wearing a green hoodie, is feeding a baby with a spoon. The baby is wearing a patterned bib. They are in a restaurant with a colorful, patterned wall and hanging lights. The background shows other people seated at tables.

Less screen time

When children focus on screens during meals, they miss out on shared experiences of eating together.



## More play time

Mealtimes are a great time to share stories and come together as a family.

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