

Less   
screen time  


Too much screen  
time means that  
children are  
spending less  
time talking to  
others.



## More play time

Talking and listening when playing with  
your child often helps them learn words  
and do better in school later in life.

## 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