

Less 
screen time


Too much screen time makes it harder for children to understand feelings, stay calm, and get along with others.



More play time

Playing with others helps children learn to take turns, manage their emotions, and solve problems.

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