Less screen time

Too much screentime is linked to an increase in obesity.

More play time

Playing outside: running, hopping, skipping, climbing are fun ways to make sure children are physically active.

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 before you're five