

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