Less screen time

Too much screen time is changing our eyes, making more children short-sighted!

More play time

Playing outside for a couple of hours a day has been shown to reduce the levels of short sightedness in young children.

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