Less screen time

Too much screen time in front of your baby can impact on their development.

More play time

Your baby learns most by looking at your face. Make feeding, cuddles, or playtime screen-free time!

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