

Less  screen time


Spending too much time on screens means your child's eyes may become fatigued.



More play time

Spending time outside is a great way to have fun and protect your eyes.

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