

Less screen time

Too much screen time means that children are spending less time talking to others.



More play time

Talking and listening 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 five