

Less ~~~~~
screen time
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Too much screen  
time means that  
babies are not  
exploring what's  
around them.

A woman with dark hair is sitting and reading a book to a baby. The baby is looking at the book. The book has a page titled 'BIRDS' with illustrations of birds. The woman is wearing a dark jacket. The baby is wearing a pink top.

## More play time

Babies are naturally curious, so helping them to look, listen and explore their environment can help their development.

## 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