Less screen time

Too much screen time, especially right before bed, can make it harder for children to fall asleep.

More play time

When children have been active during the day, they often fall asleep more quickly and experience deeper sleep.

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