

Less   
screen time  


Parents'  
screen time  
impacts on  
children's  
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 **five** before you're