

Less screen time

Children can lose track of time concentrating on screens and digital devices.



More play time

Swapping out screens for activities you can do together, such as reading can prevent symptoms of eye fatigue.

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