

Less screen time

Constant screen time is changing our eyes, making more children short-sighted!

## More play time

Playing outside for a couple of hours a day has been shown to reduce the levels of short sightedness in young children.

## 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