Moat Farm Infant School E-Safety Newsletter

Effects of too much screen time

What is screen time?

Screen time is the total amount of time that someone spends using a device.

This could include:

- Playing games on a phone, iPad, laptop, tablet or TV.
- Using the internet
- Doing homework online
- Watching videos on the internet
- Any activities that involve looking at a screen

1/3

According to our annual survey, nearly 30% of children spend 3-4 hours on devices every day.

Internetmatters.org

Benefits of screen time

- Some online games can increase creativity
- The internet gives children opportunities to build on their knowledge
- Staying connected with family and friends
- Reading E-Books
- Learning to solve problems on interactive games

Potential risks of too much screen time

- Using devices for long amounts of time reduces physical activity
- Sleep cycles may be affected by blue lights from screens
- Potential changes to social and emotional behaviours

68%
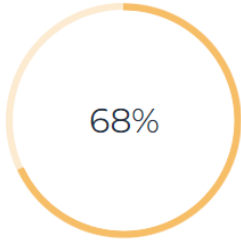
Our research found that 68% of parents are concerned about their child 'spending too much time online or on connected devices'.

How can parents support children with sensible amounts of screen time?
Recommendations from World Health Organisation (WHO)

- No screen time for children 0-2 years old
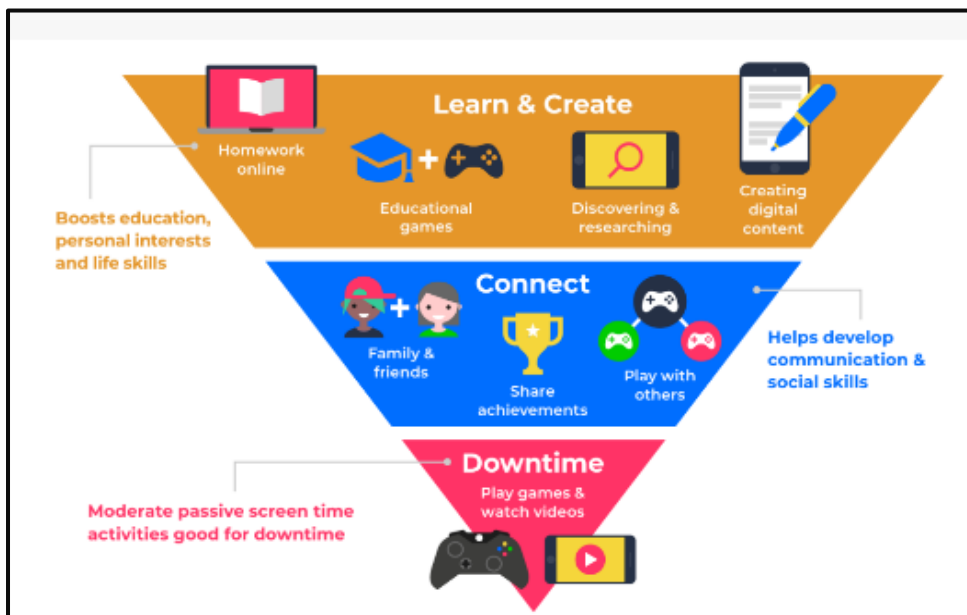- Up to 1 hour of screen time a day for children 2-4 years old

Top tips
1. Turn off background TV.
2. Limit your child's access to the TV, iPad/tablet/computer and phone.
3. Spend time playing with your child.
4. Talk to your child about the world around them.

Strategies to reduce screen time
- Set clear boundaries of how much time you are allowing your child to use a device. A sand timer could be used as a visual aid to support your child's understanding of how much time they have left
- Understand parental controls on devices to turn off the internet at set times of the day
- Lead by example- set boundaries for your own screen time to allow for conversations with your child about their day or interests.

Remember
- **Have open conversations with your child about what they may see online**
- **Set boundaries with your child. How much time are you allowing them to be online?**
- **Check all activities your child engages in online are age appropriate**

Learn & Create
Homework online
Educational games + Discovering & researching + Creating digital content
Boosts education, personal interests and life skills

Connect
Family & friends + Share achievements + Play with others
Helps develop communication & social skills

Downtime
Play games & watch videos
Moderate passive screen time activities good for downtime

If you need any more support with keeping your child safe at home online please speak to Miss Whitehurst (Computing co-ordinator)