



## Early Education & Childcare

### Screen Time Policy

**Aims:**

- To inform staff and parents of the 'Screen Time'.
- To outline in which circumstances technological devices are used in nursery and preschool rooms.
- To ensure that all staff members are managing 'screen time' effectively to support children to fulfil their potential.

Southville and Chessel Centres accepts that in 21<sup>st</sup> century the internet and social media are inherent to people's lives, important for sharing information as well as learning tool.

However, we are also aware that this global network comes with its own risks and dangers.

We therefore set out the following guidelines to navigate children and staff members in valuable and not overuse the electronic devices during nursery / preschool sessions.

The internet is now an essential resource to support teaching and learning, therefore it is important for children to learn to be safe online from an early age and out settings are playing a vital part in starting this process. Staff will help guide children with online activities to **support the learning outcomes for their stage of development.**

**Recommendations for screen time:**

- Infant (less than 1 year of age): Screen time is not recommended.
- 1 – 2 years of age: No screen time for 1 year old. No more than an hour for 2-year-olds, with less time preferred.
- 3 – 4 years old: No more than 1 hour – 30 minutes AM and 30 minutes PM – include time at home

**To promote opportunities for experiencing ICT, our provision will include:**

- A wide variety of carefully selected ICT resources e.g. programmable toys, recording tins (supporting transition for all children), talking pens (different languages to support bilingual and multilingual children).
- ICT resources that are integrated into the environment for children to access.
- Activities that involve an adult modelling how to use more complicated ICT and giving help and guidance to children as required.

Early Years Practitioners might use laptop or iPad to play soothing music or white noise to help children sleep or to calm down when upset.

Early Years Practitioners might use laptop to enhance teaching e.g. by watching short videos supporting learning an on-going subject, understanding different cultures while watching and discussing celebration across the world – which is part of **Culture Capital and British Values.**

### **Review and Monitoring**

Monitoring will be done by Lead Practitioners on daily basis and Head of Early Education & Childcare and Deputy Early Education & Childcare randomly.

### **References:**

- Royal College of Paediatrics and Child Health (RCPCH)
- WHO Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children under 5 years of age, 2019

*Reviewed April 2021*