



Early Education & Childcare

Screen Time Policy

Aims:

- To inform staff and parents of the purpose and restrictions placed on 'Screen Time' in the nursery setting.
- 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 the 21st Century the internet and social media are inherent to people's lives, important for sharing information as well as an important 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 support children and staff members to navigate but 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 our settings play a vital part in starting this process. Staff will help guide children with online activities to **support the learning outcomes appropriate to 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 children aged 1 year old. No more than an hour for children aged 18 months old, with less time preferred.
- 3 – 4 years old: No more than 1 hour – 30 minutes in the morning and 30 minutes in the afternoon – this includes time spent on screens 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 transitions 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 laptops or iPads to play soothing music or white noise to help children sleep or to calm down when upset.

Early Years Practitioners might use laptops to enhance teaching e.g., by watching short videos supporting learning about an on-going subject, understanding different cultures while watching and discussing celebrations across the world in line with 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 Manager of Early Education & Childcare.

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 July 2023