

BIG IMPACT

Screen Time & Your 5 Year Old

A BALANCED APPROACH

Screens are a part of modern life. The goal isn't zero – it's balance. Ask yourself –

- Is it replacing sleep?
- Is it replacing active play?
- Is it replacing family connection?

If yes, it may be time to reset.

WHAT HELPS INSTEAD?

- Pretend play
- Reading together
- Talking & storytelling
- Outdoor play
- Drawing & crafts
- Board games & puzzles

WHAT THE RESEARCH SHOWS

ATTENTION & LEARNING

- Children who spend **more than 2 hours per day on screens** are significantly more likely to show attention difficulties in school.
- Studies show excessive screen use is linked to **lower executive function skills** (memory, focus, self-control).

SPEECH & LANGUAGE

- For every additional **30 minutes of handheld screen time**, young children are more likely to experience speech delays.
- Face-to-face conversation builds vocabulary far more effectively than passive screen viewing.

MENTAL & EMOTIONAL HEALTH

- Higher screen use in young children is associated with **increased irritability, more emotional outbursts, and difficulty managing frustration.**

PHYSICAL HEALTH

- Children with high screen time are more likely to **have lower physical activity levels, develop early weight concerns, and have poorer posture and eye strain.**

SLEEP DISRUPTION

- Just **1 hour of screen time before bed** can reduce total sleep.
- Poor sleep is linked to behavioural problems and difficulties in concentration.

WHAT THE EXPERTS RECOMMEND

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Iqra Primary
School

01

No more than one hour per day of high-quality programming for ages 2-5

02

Screen-free bedrooms

03

No screens during meals

04

Turn off screen at least 1 hour before bed

05

Co-view when possible and talk about what your child is watching

EVEN SUCCESSFUL PARENTS LIMIT SCREEN TIME

”

Steve Jobs

We limit how much technology our kids use at home

”

David Beckham

No more than an hour. I know that sounds pretty harsh, but I want my boys to be outside playing

SUPPORT



<https://www.bbc.co.uk/tiny-happy-people/science-and-facts>



<https://www.newcastle-hospitals.nhs.uk/resources/screen-time/>



<https://www.nct.org.uk/information/baby-toddler/caring-for-your-baby-or-toddler/screen-time-for-babies-and-toddlers-how-much>