# Small Screen Recreation Policy Insert

*Note*: *The following statement has been developed to assist early childhood education and care services in modifying their existing policy or create their own procedure/guideline that meets the Munch & Move policy recommendations. The statement can be edited, however, please ensure that all of the below elements recommended by Munch & Move are retained.*

## Statement for Small Screen Recreation

The service will ensure key small screen recreation messages within *Munch & Move* are embedded into our curriculum supporting the [*Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep.*](https://www1.health.gov.au/internet/main/publishing.nsf/Content/FCE78513DAC85E08CA257BF0001BAF95/%24File/Birthto5years_24hrGuidelines_Brochure.pdf)

### Infants (Birth to one year)

Screen time is **not recommended**.

### Toddlers (1–2 years)

For those younger than 2 years, sedentary screen timeis **not recommended**.

For those aged 2 years, sedentary screen time should be **no more than 1 hour**; less is better.

### Pre-schoolers (3–5 years)

Sedentary screen time should be **no more than 1 hour**; less is better.

Our service will:

* Encourage educators to model appropriate screen behaviours to the children.
* Encourage the promotion of productive sedentary experiences for rest and relaxation (e.g. reading, puzzles etc.).
* Not use screens as a reward or to manage challenging behaviours.