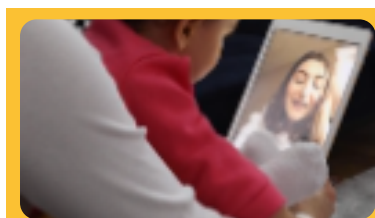


SCREEN TIME

Your baby needs to be active every day and does not need any screen time.

It is recommended that children under 2 years old should have no screen time including no TV, iPads/tablets, phones, or any other electronic devices.

Playing with other babies in a safe, supervised area is a great way for them to stay active and develop socially.



Video-calls are ok!
They may help develop social and language skills.

Screen time for children under 2 years can:



Limit time for active play and learning



Reduce the time for language development



Impact on their ability to stay focused for longer times



May impact the development of full range of eye movement

Role-modelling healthy screen time habits

Your baby watches what you do. This means they can see how you use screens and learn screen time habits from you. You can help children develop healthy habits with screen time.



No phones at the table during meal times.

Give your child your full attention. Limit checking your phone when feeding or playing with them.



Balance your family's screen and screen-free activities like reading and playing outdoors.



Turn the TV off when you are not watching it. Put on some music instead!

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) // [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.