**(Insert service name)**

**Screen Time Service Specific Guideline – (insert service name)**

***Note:*** *This guideline template is a 1-2 page document designed to complement your service policies by providing written documentation of the policy/procedure/guideline elements recommended as best practice by Munch & Move. The Good for Kids team acknowledges Western Sydney LHD as the original creator of this guideline template.*

*To use this template, insert your service name where highlighted yellow, and add a statement of how your service is following each guideline element (example statements written in green).*

At (insert service name), we support limiting the amount of time children spend engaging in screen time and sedentary behaviour for recreational purposes. Early childhood education and care services are an ideal place to develop good habits in young children and influence the behaviours of families.

As such (insert service name) commits to the following statements, aligned with NSW Health *Munch & Move* program:

* Following the Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep* – as an overall guide to screen use and sedentary behaviour at the service.
  + *e.g. Screens are not routinely used in our service, however if screen devices are used, it is for educational or physical activity purposes only*
* Educators are encouraged to role model appropriate screen behaviours to the children.
  + *e.g. Our Educators do not use any personal screen-based devices in-front of children*
* Under no circumstances is the screen to be used as a reward or to manage challenging behaviours.
  + *e.g. Screens are used for movement and education purposes only and are not used as a reward or incentive for children*

Revised: (insert date)