



How do you use screens at home?

Tips and advice on screen use for children aged 0–5



Mediemyndigheten



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You are receiving this leaflet because you have children aged 0 to 5 at home

Screens – from TVs to mobile phones – are a big part of our daily lives. Children over the age of 2 can enjoy playing with screens and learn from them, but they might also come across things that they might find scary. Screen time can also eat into the time children need to spend on other things that help them to thrive: sleeping, running around, socialising, playing and learning. Many parents want to know whether screens could affect children's development and

what kind of use could be harmful. They also want tips and advice on how to deal with screen use in the family. Some useful information and tips can be found here. Find out more by scanning the QR codes.

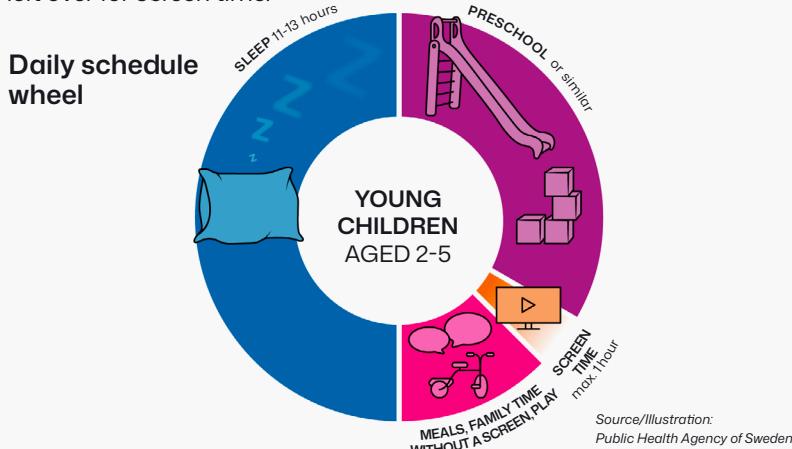
Use the questions overleaf to help you decide how children and adults should use screens in your home. Remember: every child is different, and changing habits can take time.

Tips and advice for parents of children aged 0–5

- Put screens away at least half an hour before bedtime, and keep them out of the bedroom during the night.
- Ideally, children aged **0–2** shouldn't use screens at all. Video calls with relatives or looking at photos with an adult can be okay, though.
- Children aged **2–5** should be allowed to use screens for no more than an hour a day. Make sure your child does enough sleeping, running around, socialising, playing and learning. Limit your child's screen time in order to maintain a healthy balance.
- Decide what your child is allowed to watch and do on screens. Try to make screen use something you do together, and talk about what you're doing or watching. Chatting about screen use early on while your child is young will make it easier to carry on having these conversations as your child grows.
- Be a role model! Think about your own screen use when you're with your child. Try to explain to your child what you're doing when you use your phone or other screens for things like checking bus times, buying tickets or messaging their preschool.
- Avoid using screens to comfort your child when they're upset or have to do something they don't like. Children need to learn to deal with their emotions in other ways. Are there any other things you could use to divert or distract your child?

Balance between screen time and other activities

Use the illustration to think about what your child needs and how much time is left over for screen time.



Screen use at preschool, or use of assistive devices used by children with disabilities, doesn't count towards the screen time shown in the wheel.

Putting screens away is the smart thing to do. Did you know:

- Children who sleep with their mobile/tablet outside the bedroom enjoy better sleep – and sleep for longer.
- Parents and other adults are important role models for children. If their screen habits are healthy, the chances are that their children will develop the same good habits.
- Young children develop best when the people around them talk, play or sing with them, for example. It's important for young children to move around, play and explore the world with all their senses.

Scan the QR code from the Public Health Agency of Sweden for more tips and advice on safe and balanced screen use. Find out more about:

- Things to bear in mind when choosing apps, games and programs for your child.
- How to avoid conflicts relating to screen use.
- Practical everyday tips to help your child to play without a screen even when you have other things you need to do.



It's worthwhile taking the opportunity to think about what you should do at home to promote healthy screen use for both children and adults. Create simple, clear routines for everyone that are easy to understand.

Here's how we use screens in our home:

For how long can the child/children use screens on weekdays, and on days off?

Where do we not use screens in our home – at the dinner table, before bedtime?

What programs, apps and games can the child/children use?

What activities are enjoyable for the child/children at home or outdoors, instead of using screens?

The Swedish Agency for the Media provides parenting guides on:

- Parental settings in apps and games.
- Sharing pictures of your child/children – Sharenting.
- How digital games work and what adults need to know.



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