

How much Screen Time for Children?

What is screen time?

Screen time is the time you spend watching TV or DVDs, using computers, playing video or hand-held computer games, or using tablets or smartphones.

Under 18 months

avoid screen time other than occasional video-chatting



18 months to 2 years

watch or use high-quality programmes or apps if adults watch or play too



2-5 years

no more than one hour a day of screen time with adult supervision

