START to spend less time on screens

Children aged 0 to 18 months
Try to avoid using any screens with them, other than video calls with family.

Children aged 18 months to 5 years
If you are using screens with your child, watch the programmes or other digital media with them. Try to limit to less than one hour a day.

Children aged 5 years to 10 years
Agree screen time limits with your child based on their individual needs. Try to limit to 2 hours a day or less.

We are here to help visit makeastart.ie