

EARLY YEARS SPOTLIGHT

Screen use



Screens are part of most children's daily lives, with nearly 98% of two-year-olds watching content on screens daily.

The early years are a critical period of rapid brain development and there is some evidence that screen use may have a negative impact on a child's health and cognitive and socio-emotional development. **Early years settings play a vital role in supporting healthy screen use by reflecting on policies, working with families and providing children with engaging alternatives.**



Try it in practice

- Review your setting policies in line with this [report on screen use](#)
- Share the [Help for Early Years Providers screen use](#) guidance with your team
- Use the [screen time campaign resources](#) and [Best Start in Life screen time guidance](#) to support families with their screen use

Further information

- Explore the [Help for Early Years Providers internet safety guidance](#)
- Listen to [this podcast about children's attention and concentration](#)
- Explore the [CBBC parenting screen time resources](#)



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