

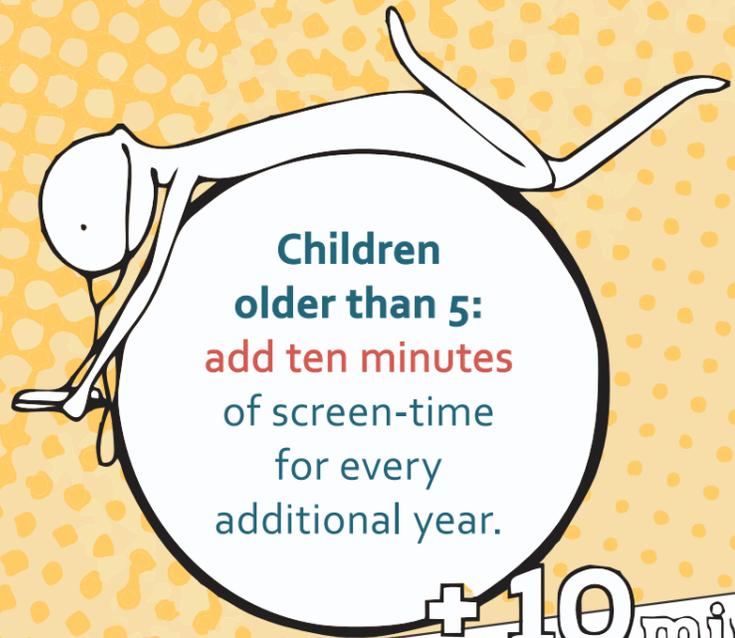


**Children younger than 2 years** should not sit in front of screens at all.

**Screens are part of life – balance makes the difference**



**Children aged 2–5** should not sit longer than **1 hour** per day in front of a screen.



**Children older than 5:** add **ten minutes** of screen-time for every additional year.

**+10 min**

**EduSkills+**  
Media

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Screens can be useful and fun, but young children need plenty of real play, movement, and connection to grow well. A balanced routine means screens do not replace sleep, outdoor play, creativity, or family time.

With small daily habits, like watching together, choosing calm content, and keeping screens out of meals and bedtime, you can create a balanced digital environment for your child.



Read more in the Eduskills+Media brochure

Interactive space for parents.  
**How easy is it to limit screens?**

Mark:



Five vertical dotted lines for marking the response.