



# TV/Screen Time Policy

## 2022-2023

Guidelines recommend that children aged between 2-5 years spend a maximum of 1 hour per day in front of a screen. Excessive screen time amongst preschool aged children can lead to negative behavioural changes as the child grows. With this in mind, at Enchanted Wood we minimise screen time to a maximum of 30 minutes over the course of a week.

Tablets and television will be used only as an educational tool to provide opportunities to explore and dissect information on the world around us, allowing us to promote creative thinking and extend and reinforce learning through deepening understanding of topics. The ability to access high quality educational programmes provides us with a platform on which teacher and child can discuss and interact together on a different level.

Our daily routine is centred around providing an enriched and varied curriculum which promotes both cognitive and social development. Screens are not a part of our daily timetable but may be accessed 'in the moment' in line with our learning and development ethos. Screen time will not be used as a means of time filling (eg, to pass the time on a rainy day) but may however be used for instructional purposes which will of course be dictated by a healthy mixture of adult and child lead learning and unstructured play opportunities, which is essential for igniting creativity.