

SCREEN TIME ADVICE

TPS and WPS Family
Learning event
26th Feb 2025



FROEBEL L ADVICE



let's talk

NHS Lothian

Speech & Language Therapy - Early Years

NHS GUIDANCE



Turn Screen Time into Talk Time

CONSUMER V CREATOR



connected
Falkirk

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NOVEMBER 2, 2020



Summary Advice



1

Adopt a balanced approach to using digital technology and plan screen free activities and hobbies.

2

Have screen-free zones with clear guidance about when and how devices can be used.

3

Use technology for high quality activities and take regular breaks.

4

Monitor usage to ensure the content is appropriate and educational. Use parental controls and strict filtering where possible