

Dear parents, we have received new DfE screen time guidance which will be included in the EYFS from September 2026. We wanted to share how we are approaching the recent guidance around limiting screen time to one hour per day for our pre-school children.

<https://www.gov.uk/government/news/new-screen-time-guidance-for-parents-of-under-5s>

We understand that for many children screen time can play an important role in helping them to feel calm, regulated and secure. We also recognise that routines at home may differ from what we do here in the setting and we value your input and honesty in sharing what works best for your child.

In the setting, we use screen time for, for example -

- Sharing new information with children - looking things up to develop their interests.
- Music and movement time to guide our songs and actions.
- Weekly yoga to build strength and coordination.
- Engaging with new books on YouTube - especially the active books your child enjoys.

In our early years setting, we will be supporting children through this transition in a gradual and sensitive way. Rather than making sudden changes, we will -

- Talk to you about how much of the 1-hour screen time you want for home use.
- Explain the changes to your child and use visual supports and clear routines to help them understand when screen time is available.
- Provide warnings and transitions to reduce anxiety.
- Introduce alternative calming and sensory activities to support regulation.
- Work closely with each child to understand their individual needs.

For some children, particularly those with additional needs, a more flexible and personalised approach may be necessary. We might need to take advice from other professionals to better understand the best way forwards. Our priority is always your child's wellbeing, emotional regulation, and ability to access learning.

We welcome ongoing conversations with you so we can take a consistent and supportive approach between home and the setting. If you would like to discuss your child's individual needs, please don't hesitate to speak with us. Thank you for your continued support.

In response to current guidance recommending a limit of 1 hour of screen time per day for 2–5-year-old children, we are committed to implementing this in a way that supports all children’s wellbeing and development. We recognise that for some children, including those with Special Educational Needs and Disabilities (SEND) such as autism and for adaptive communication purposes, screen use can be an important tool for communicating, emotional regulation and routine.

Therefore, our approach is flexible, inclusive, and child centred. We will work closely with parents and other professionals to find the best way forwards for the child. Other steps we will take include -

- Implement any reduction in screen time gradually to support successful transitions.
- Use visual timetables, timers and clear routines to support the child’s understanding.
- Provide alternative sensory and calming activities, if necessary, to meet individual regulation needs.
- Make reasonable adjustments where needed to support children with additional needs including adapting the child’s care plan.

Our focus is to ensure that all children feel safe, regulated and able to engage in learning. Screen time will be used thoughtfully and purposefully, with consideration of each child’s individual needs.

This approach will be regularly reviewed in collaboration with staff and families.

Signed -

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