

Screen Time Policy – Christchurch Preschool

Policy Statement:

At Christchurch Preschool we recognise that technology can be a valuable educational tool when used thoughtfully and in moderation. Our approach to screen time is guided by the belief that young children learn best through active, hands-on experiences, social interaction, and imaginative play. This Screen Time Policy outlines our approach in line with recent guidance from the DfE(2026) and EYFS requirement 3.94 to promote a balanced approach to technology use.

Aim:

We aim to ensure that screen time within the preschool is limited, purposeful, and developmentally appropriate, prioritising children's health, well-being, and learning. We will work in partnership with parents and share information and guidance to help ensure children's overall screen time remains within the recommended guidelines.

Scope:

This policy applies to:

- All children attending **Christchurch Preschool**
- All staff, volunteers, and visitors who may use technology with children.
- All devices used within the setting, including tablets, TV Screens or computers.

Screen Time Guidelines:

- Screen time will be limited and used only when it supports learning or well-being. For children with SEND, if screen based assistive technology is needed to support children's learning, development and participation within the setting this will not be limited
- For children aged **2–5 years**, generally screen time should not exceed 1 hour per day (including home use)
- Screen use will not replace active play, social interaction, or outdoor experiences, which will remain the priority.

Use of screens within Preschool:

- Screens will only be used for educational, creative, or interactive purposes, such as age-appropriate apps, music, storytelling and speech and language support.
- Children will not be passively watching screens at preschool.
- Content will be chosen to support language development, creativity, and curiosity.

Age-Appropriate Content:

- All digital content will be carefully selected and pre-approved to ensure it is suitable for children's age and stage of development in line with the screen time guidance from the DfE

Supervision and Engagement:

- Children will be fully supervised during any screen use.
- Practitioners will actively engage with children during screen time use, discussing content and encouraging interaction, rather than allowing passive use.

Health and Well-being:

- Screen time will not take place during mealtimes or close to sleep/rest times.
- Regular breaks will be ensured, and children will be encouraged to engage in physical activity and outdoor play.

Supporting Development:

- Screen use will support, not replace, key areas of learning such as communication, physical development, and personal, social, and emotional development. Eg Speech club videos (supporting children with their communication needs)
- Priority will always be given to hands-on play, reading, and social interaction.

Partnership with Parents:

- This policy will be shared with families, and parents will be informed about how screen time is used within the setting.
- The setting will work in partnership with parents to promote consistent and balanced screen use at home and in the setting.
- Parental consent will be obtained for any screen-based activities where appropriate.

Safeguarding:

- Devices used by children will be secure, password-protected, and appropriately filtered.
- Children will not have access to the internet or devices without supervision.
- Any concerns relating to inappropriate content or screen use will be addressed immediately and shared with parents.

Alignment with EYFS 2026 Guidance:

- This policy reflects updated UK guidance from the DfE on screen time, particularly limits for under-fives.
- It supports EYFS principles by promoting:
 - Active learning and play
 - Strong relationships and interaction
 - Children's health and well-being - Screen use is carefully managed to ensure it enhances, rather than detracts from, children's development.

Review and Monitoring:

- This policy will be reviewed annually, or sooner if guidance changes.
- Feedback from parents and ongoing reflection will be used to improve practice.

For more information please see:

[Help for early years providers : Screen use](#)

[Baby and toddler screen time guidance - Best Start in Life](#)

[New advice for parents on screen time for young children – The Education Hub](#)

*This Policy was adopted by Christchurch Preschool
On [Date]
[signed – chair of trustees]*