

Public School Preschool Procedure

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(A) (vi) Screen time and children

Reviewed:

Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	Preschool Handbook reference	School policy or procedure, where applicable
	NQS 2.1.3 Healthy lifestyle	35?	

Resources:

Get up and grow: Healthy eating and physical activity for early childhood resources – Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity

NSW Health initiative **Munch and Move** – Healthy kids: eat well, get active

Munch and move – [Screen time fact sheet](#)

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- *When using screens at Preschool time limits are kept to minimum using a sandtimer. Educators discuss with children the length of time available and why we keep screen time to a minimum. Children are encouraged to limit their time to up to three 5 minute sessions during the day.*
- *We make reference to the [Australian 24-Hour Movement Guidelines for the Early Years \(birth to five years\)](#)*
- *We ensure screen time is not used as a reward or to manage challenging behaviours. Screen time is used as a research tool by children within their investigations. Time limits are provided via the visual sand timer to support self-regulatory behaviours.*
- *Educators encouraged to actively role model appropriate screen behaviours to children by not using phones for personal use. The educators use their phones to upload content to KINDERLOOP during the day. Children are involved in this process by asking for content to be uploaded for their families to access.*
- *Children are actively encouraged to make other choices in activities as an alternative to screen time.*
- *We make recommendations from NSW or National Government initiatives around managing screen time for children communicated with families and broader school environment by sharing information via posters, pamphlets, kinderloop and via newsletters.*

