

18 September 2026

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Dear Parents and Carers,

Co-Headteacher – Ingrid Dowse
Co-Headteacher – Sarah Mack

As our children settle into their very first year at school, we would like to share some helpful information to support you and your family with healthy habits at home, particularly around screen time.

Earlier this year, the government published [New advice for parents on screen time for young children](#). Because children in EYFS are typically 4 or 5 years old, balancing digital use is a key part of ensuring they get enough sleep, physical play, and real-world social interaction.

Key Government Recommendations for 2- to 5-Year-Olds

Time limit: Aim for **no more than one hour** of screen time a day (and less is always better).

Bedtime routine: Keep screens completely turned off in the **hour before bed** to help children wind down for quality sleep.

Mealtimes: Keep family mealtimes **screen-free** to encourage conversation and social interactions.

Choose slow-paced content: Opt for high-quality, age-appropriate, and slow-paced shows or apps rather than fast-scrolling videos or aggressive clips.

Co-view together: Whenever possible, watch or play alongside your child. Talk about what you are seeing and ask questions to build their vocabulary.

At Tanners Brook, we believe young children learn best through play, hands-on experiences, and positive relationships. Following the latest guidance, we have reviewed our use of technology in EYFS. We no longer use tablets/iPads for children's learning. Interactive whiteboards are used carefully and intentionally to support specific learning, with adults actively engaging children through talking and questioning.

Our priority is to provide rich opportunities for children to play, explore, communicate and develop their independence.

By working together, we can help our children stay focused, well-rested, and ready to learn every day. You can find more information on the [GOV.UK News on Screen Time Guidance](#).

Warm regards,

Rasa Kavaliauskiene

EYFS Phase Leader