**(Insert early childhood service name) Small Screen Recreation Policy**

**Policy Statement**

(Insert early childhood service name) also seeks to limit the amount of time children spend engaging in small screen recreation and sedentary behaviour.

**Limit time children spend engaging in small screen recreation (television, DVDs, computer and other electronic games)**

***The service will:***

* Ensure educators use of small screen recreation with children is appropriate (to gain knowledge, share information and explore movement and dance)) and is limited to less than 30 minutes per day.
* Support children aged 0 to 5 years to meet the *National Physical Activity Recommendations for Children 0-5yrs (Sedentary Behaviour Guidelines)* by:
  + Limiting the amount of time children 2 to 5 years of age spend sitting and watching television and using electronic media to less than 30 minutes per day at the service if at all.
  + Ensuring that infants, toddlers and preschoolers are not sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.
  + Ensuring that children younger than 2 years of age do not spend any time watching television or using other electronic media while at the service.
* Encourage educators to model appropriate screen behaviours to the children.
* Under no circumstances use a screen as a reward or to manage challenging behaviours.