

## Screen time

Screen time is a very subjective area, different people will have different opinions. In this 4 minute video I give you my opinion about screentime and some advice. Below the video link I have also added some links which you should find useful.

<https://vimeo.com/487629635/f125d6875e>

The debate about screentime - **Professor Sonia Livingstone** is one of the most knowledgeable people in the UK when it comes to screentime and other issues that affect children. In this article she shares some useful insights:

<https://blogs.lse.ac.uk/parenting4digitalfuture/2019/02/08/from-policing-screen-time/>

**Screen time – getting the balance right for different ages of children:**

<https://www.internetmatters.org/issues/screen-time/>