

Online Safety: New Guidance for Families

The Royal College of Paediatrics and Child Health (RCPCH) has released new resources to help parents and carers support their children to stay safe online. The guidance brings together the latest information on screen time, online risks and practical tips for talking to children about using digital devices. The resources include screen time guidelines for children under five.



Key Screen Time Recommendations for under fives

- Keep sedentary screen time to no more than one hour per day — less is better.
- Prioritise interactive, real world activities, such as storytelling, singing, puzzles, and play.
- Encourage plenty of physical activity — ideally at least 180 minutes throughout the day.
- Make screen use shared and purposeful by talking, playing, or reading together while using technology.

Why It Matters

Too much screen time can replace important activities like sleep, socialising, physical play, and communication. Creating healthy digital habits early builds routines that support children's wellbeing and development.

Find Out More

Families can read the RCPCH signposted resources on screen time and online safety here:

Screen time and online harms: resources for members

Advice for parents on recognising and managing online harms

These materials are designed to help families make informed choices and encourage healthy, safe use of technology at home.

[Read the full guidance: Screen time and online harms: resources for members](#)

Further support is also available from [NSPCC Learning: Preventing online harm and abuse](#)

Please promote to your parent/carers through your own newsletters, social media routes.

