



Westfield Nursery School
Westfield Road, Dunstable, Beds. LU6 1DL. Tel: 01582 608650
Email office@westfieldnurseryschool.org
Website www.westfieldnurseryschool.org
Headteacher: Mrs Elizabeth Collins BA(QTS) NPQH



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Dear Parents/ Carers,

Safer Internet Day

This is an important day to spread messages about the safe use of Information Communication Technology and the use of the internet. Read more at <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026>

Screen Time

The World Health Organisation (WHO) sets guidelines on screen time for young children

Aged up to one

No sedentary screen time (watching TV, videos, computer games)

Aged one

No sedentary screen time (watching TV, videos, computer games)

Aged two

No more than one hour of sedentary screen time. Less is better (watching TV, computer games)

Aged three to four

No more than one hour of sedentary screen time. Less is better (watching TV, computer games)

WHO tell us studies also have shown that being sedentary can have significant developmental consequences, Dr. Steele says. Among them:

- Children are less likely to have the fine motor skills necessary for writing when entering early years
- Vocabulary, communication skills and eye contact are reduced
- Developmental delays are documented with increased device use. Screen time, for instance, has been linked to ADHD symptoms (self-regulation)
- Attention, decision-making and cognitive control are reduced
- Creativity also suffers. Screen time interferes with problem solving
- Psychiatric disorders reported
- A premature thinning of the cortex based on brain scans

Balancing Screen Time Advice

Click the link below:

<https://www.internetmatters.org/resources/screen-time-tips-to-support-0-5-year-olds/>

Top Tips for Screen Time

1. Set rules for screen time at home and outside of home
2. Make family time and sleep a priority over screens
3. Watch, play and discover together on screens
4. Take the lead when choosing what children see and do on screens
5. Set a good example with your own screen use

Recognising when screen time is too much.

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress when they are disconnected.

Lack of sleep, exercise and no willingness to do other things may be a sign they need to take a break from their screen.

See the government's latest advice at

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

General advice can be found at

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Is your child safe online?

Check safe settings and activate robust parental controls on your devices, including

- filtering inappropriate content
- setting screen time limits
- selecting age-appropriate apps

Also ensure supervision while they are online and discuss online safety.

Useful online safety resources for children 0-8years old.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Keeping your under 5's safe online

<https://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/>

What happens at Nursery?

We support children to use cause and effect toys and mechanical toys. We support children to operate simple equipment and complete simple programs as well as finding and retrieving information.

We

- Use a child friendly search engine (Swiggle)
- Monitor use
- Have filtering and monitoring in place

If you need any advice, please speak to your child's class teacher or Mrs Collins