



# Television Policy

## Purpose of the Policy

At Little Wildflowers Childcare, I recognise the role of television as a source of entertainment and relaxation for children. However, it is crucial to limit screen time to ensure that children engage in a variety of activities that promote their social, cognitive, and physical development. This Television Policy outlines how and when television, films, and videos are used in my childcare setting. Screen-based devices other than the television, such as tablets or laptops, are not used with children in this setting.

## Television Viewing Guidelines

Television viewing is carefully regulated to ensure it complements the children's daily routines without dominating their time. The specific guidelines are as follows:

**Morning Snack Session:** A short television session (up to 20 minutes) is allowed during morning snack. This period provides children with a quiet time to rest and digest their food, preparing them for the day's activities.

**After School Pick-Up:** Another short session (up to 20 minutes) is permitted after the school pick-up. This time allows older children to relax, recharge, and enjoy a healthy snack before engaging in other activities.

## Flexibility for Illness

If a child is feeling unwell and requires more rest, it may be appropriate for them to watch additional television that day. This ensures they have a restful and comforting environment while recuperating. Parents and carers will be informed on the day if additional screen time has been provided. For the full procedure when a child becomes unwell at the setting, please refer to my Child Illness Policy.

## Content Appropriateness

I ensure that all television programmes, films, and videos viewed are suitable for all children in my care. Content is carefully selected to be age-appropriate and educational whenever possible, with reference to British Board of Film Classification (BBFC) age ratings and, where applicable, Pan-European Game Information (PEGI) ratings for interactive content. If a child wishes to bring content from home, I request that parents check with me first to confirm its appropriateness for younger viewers. Any content that raises safeguarding concerns will be handled in accordance with my Child Protection and Safeguarding Policy.

## Impact of Television on Development

Research suggests that excessive screen time may have negative effects on children's development. It can impact their social and communication skills due to the lack of interaction and fast-paced nature of TV programmes, which can lead to boredom and frustration with the slower pace of traditional learning environments.

## Encouraging Diverse Activities

To foster well-rounded development, I encourage children to participate in a variety of activities beyond television. These include outdoor play, reading, arts and crafts, and interactive games, all of which support their physical, social, and cognitive growth.

## Publication & Version History

Version	Date	Description of Change
1.0	05 June 2025	Initial publication
1.1	04 June 2026	Minor amendments: en-GB spelling corrections (recognise, programmes); session durations added (up to 20 minutes); illness flexibility updated to include parental notification; BBFC/PEGI age rating references added; safeguarding cross-reference added; research claim softened
2.0	05 June 2026	Annual review and sign off

**Next Scheduled Review:** 05 June 2027

*This policy is subject to ongoing revision. Minor amendments may be made between annual reviews and will be recorded in the table above.*