

SCREEN TIME

Screen time recommendation:

- 0–2 years of age, not at all
- 2–5 years of age, maximum of 1 hour/day (with a parent)
- 6–10 years of age, maximum of 1 hour/day
- 11–13 years of age, maximum of 2 hours/day

Finnish Institute for Health and Welfare THL and
Finnish National Agency for Education 2025

TAKE CARE OF YOUR CHILD'S BRAIN DEVELOPMENT

- A child's brain needs rest.
- Moving images tire the child's brain and make them feel restless.
- A child needs interaction with their parent.
- A digital device should not be used to calm or soothe a child.
- Eating together as a family without digital devices supports the child's development.
- It is good to have days without digital devices.
- A parent should also keep an eye on their own screen time.
- A digital device should not be used for calming down at bedtime.

SCREEN ACTIVITIES AND PROGRAMMES SUITABLE FOR CHILDREN

Pikku Kakkonen
Kielinuppu

Children's music
Children's movies and stories
Children's games
Drawing
Looking at photos

HOW TO REPLACE THE SCREEN?

CRAFTS

READING A BOOK
LIBRARY

BOARD AND CARD GAMES

PLAYING

BAKING

HIKING, SPENDING TIME
OUTDOORS



SLEEP TIME



Sleep for children aged 2-6:

- about 10-13 hours/day
- night-time sleep about 10 hours
- the need for sleep is individual

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WHAT DOES SLEEP AFFECT?

- Brain development and the ability to learn things
- Physical growth
- Ability to concentrate, behaviour and interaction
- Mood and alertness
- Appetite and immunity

KEEP AN EYE ON THESE

What is the best time
for your child to fall asleep?

How do you notice that your child is tired?

How do you help your child calm down for sleep?

Has your child eaten enough during the day?
There should be no need to eat at night.

TRY THESE

- Stick to familiar, repeated routines.
- Make evening activities calm and free of digital devices.
- Have an evening snack together and talk about your day.
- Stroke your child and play calm music.
- Try story massage or a weighted blanket.
- Speak softly, speak little.
- Remember the bedtime toy.

WHAT IMPROVES SLEEP?

DIM LIGHT

A BEDTIME STORY

CLOSENESS AND SENSE
OF SECURITY

A VARIED DIET

WASHING
body and teeth

CLEAN BED LINEN

SPENDING TIME OUTDOORS



Stock photos:
www.canva.com



Euroopan unionin
osarahoitama



Pirkanmaan
hyvinvointialue

PHYSICAL ACTIVITY RECOMMENDATION

Physical activity recommendation
for children under school age:

At least 3 hours per day.

This includes 1 hour of energetic
activity and 2 hours of brisk
outdoor activity or
light physical activity.

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WHAT DOES PHYSICAL ACTIVITY AFFECT?

- physical development (bones, muscles, and balance)
- brain wellbeing
- learning new things
- ability to concentrate
- mental wellbeing
- self-esteem and self-image
- interaction skills
- disease prevention
- sleep quality
- appetite

KEEP AN EYE ON THESE

How do you notice that your child needs more physical activity?

How much time do you spend outdoors?

What is your child's favourite way to move? How about yours?

HOW TO INCREASE EVERYDAY PHYSICAL ACTIVITY?

Walk or cycle to daycare and the shops.

Encourage even a small child to walk short distances without a stroller.

Create an obstacle course at home together.

You can be active indoors too.

Encourage your child to play outside with friends.

Remember to rest and relax as well.

HOW TO BE ACTIVE?

SEASONAL ACTIVITIES:
skating, skiing, swimming

PLAYGROUND:
climbing, balancing

NATURE OUTING

THROWING A BALL

CYCLING, USING A SCOOTER

DANCING

SWIMMING POOL





- Vegetables, fruit, berries
- Soft fats
- Good sources of protein
- Whole grains Dairy products
- Limited amounts of salt, sugar, and hard fats
- Vitamin D
- Water as the drink for thirst

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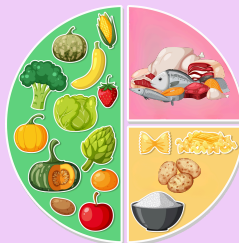
FAVOUR THESE

Home-made and varied food
Vegetables, fruit, and berries
A regular meal rhythm
A xylitol pastille after meals

AVOID THESE

Fast food and treats
Sugary snacks and drinks
(juice, lemonade)
Snacking and irregular eating

THE PLATE MODEL



HOW TO SUPPORT YOUR CHILD WITH EATING?

Involve your child in preparing the meal and setting the table. Check that the cutlery is the right size.

Eat together as a family.

Encourage tasting, but don't force it.

Keep digital devices away from mealtimes.

Have some favourite-food days.

Teach good table manners.

Enjoy your meal!
Thank you for
the food!

REMEMBER THESE

TREATS LESS OFTEN

ENCOURAGEMENT

THE PLATE MODEL

SUFFICIENT DRINKING

REGULAR MEAL RHYTHM

COLOURFUL FOOD

EATING TOGETHER

