

## Pre/Primary School

Deputy Director : Amanda Ilhan

Zekeriyaköy Mahallesi, Kilyos Caddesi No: 227/1,2 Sarıyer-İstanbul,  
34450

Tel: +90 212 202 7027 Ext 116

+90 212 202 7709 Ext 116

Fax +90 212 202 7796

Email: amandailhan.bis.k12.tr



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Dear Parents

Childhood is changing fast, as now there are many devices from iPads, tablets, phones, as well as televisions and children are accessing these very easily. We have had some questions regarding the amount of time children should spend on these devices. On 9 February it was Safer Internet Day in the United Kingdom and there were also news articles published about the concern of the amount of screen time children are getting each day.

UK Action for Children's Sir Tony Hawkhead says "Quality time needs to be an interaction which is not about sitting in front of a screen"

The charity has published a series of tips to help families reduce the amount of time children spend watching television and using screens.

Their suggestions include:

- planning family activities that do not include technology
- creating a weekly schedule based on the idea of one hour of technology use equalling one hour on other activities
- recreating favourite childhood games
- Parents turning off their devices at the same time as children have screen-free time.

It is much more important to be running around, getting fresh air and being active in the outdoors, or having time together reading books, or doing something creative like baking, spending that time talking together will benefit your children's communication and language development much faster. Also another positive benefit is that being active will also help your children get a better night's sleep too.

Sleep is very important to children's wellbeing. It is recommended 10-13 hours a night for the Pre-School children aged 3-5 and just a little bit longer for those



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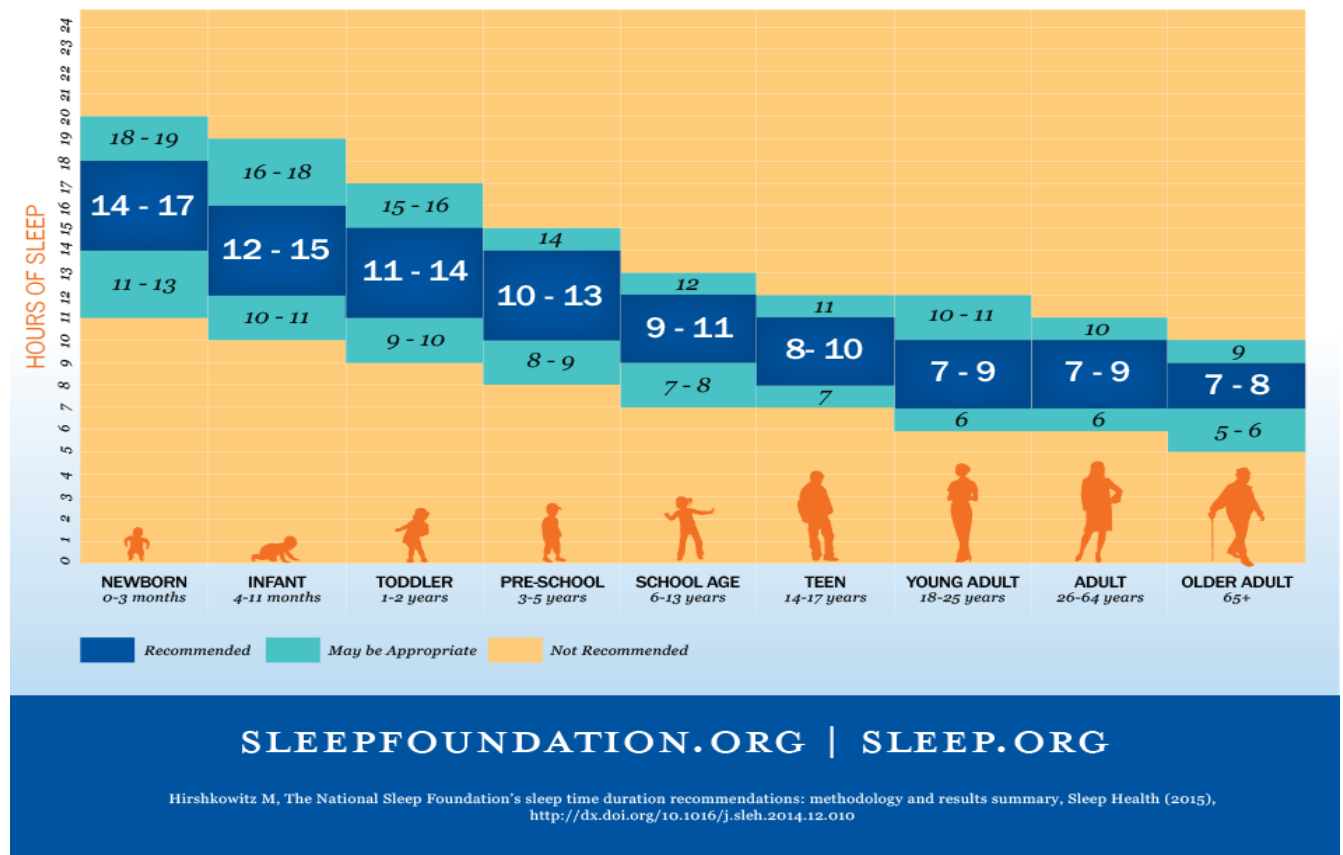
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children under 3.



## SLEEP DURATION RECOMMENDATIONS



We all want to children to come to Pre-School ready to learn refreshed from a good night sleep

Thanks kindly for your support with this.  
The EYFS Team.

