

Brookfields School

Screen time Survey Summary.

What our parents told us.....



What devices are children using?

- Most children use a tablet (such as an iPad)
- Other devices include TVs and smartphones
- A small number of children do not use screens

How much screen time do children have?

- Most children have around 2–4 hours per day during the week
- Many children have more screen time at weekends

When are screens used?

- Most often after school
- Some children use screens throughout the day at the weekend
- Some children use the screens at night

What are children doing on screens?

- Watching videos (YouTube, Netflix, Disney+)
- Playing games such as Roblox or Minecraft
- Some also use screens creatively or for learning

Why are screens helpful?

- They help children feel calm and regulated
- They support routines and transitions
- They provide relaxation and enjoyment

What challenges do families face?

- Stopping screen time can be difficult for some children
- Some children become upset or distressed when it ends
- Screens can sometimes impact sleep and behaviour

What parents would like support with

- Reducing screen time
- Finding alternatives to screens
- Creating routines and clear boundaries
- Managing transitions and content

Key messages

- Screens can be helpful, especially for calm and routine
- Many children are using screens for long periods each day
- Families would like practical ideas and support

How we will help

- Share simple strategies for reducing screentime
- Provide ideas for activities at home – whole school themes and activities
- Support routines and transitions
- Offer guidance on safe and appropriate content through resources and family learning events