

FOR IMMEDIATE RELEASE

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Waldorf UK Welcomes Government Focus on Screen Time for Young Children

Waldorf UK today welcomed the government's announcement highlighting the importance of reducing screen time for the youngest children, describing it as a positive and timely step in supporting children's healthy development (Screen time guidance for under 5s).

Steiner Waldorf schools, provide a completely screen-free education for children throughout early years and primary school. Screens and digital devices are introduced when children are developmentally ready in secondary school.

"We warmly welcome the government's recognition of the impact of screen use on young children," said a spokesperson from Waldorf UK. "This aligns closely with the practice in our schools since their inception which protects early childhood as a time for exploration, creativity, and developing meaningful relationships."

Research continues to underline the importance of early sensory experiences, movement, and face-to-face interaction in supporting cognitive, emotional, and social development. Waldorf education places these at the heart of its approach, with young children engaging in free play, storytelling, outdoor play, music, arts, and practical activities that build strong foundations for later learning.

"Childhood should not be a race to technology", the spokesperson added. "By allowing children the time and space to develop essential life skills without the pressures and distractions of screens, we believe we are equipping them not only to use technology wisely in the future, but to thrive as resilient, creative, and thoughtful individuals."

Notes to Editors:

Waldorf UK is the membership organisation for Steiner Waldorf schools in the UK, supporting a network of schools and early years settings committed to a holistic, child-centred approach to education.

Children begin formal learning at age 6 in line with European and other education systems around the world.

Steiner Waldorf education is an international movement of 1200 schools world-wide. In many countries it forms part of the state system.

In the UK there is one state funded academy and 15 independent schools.

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