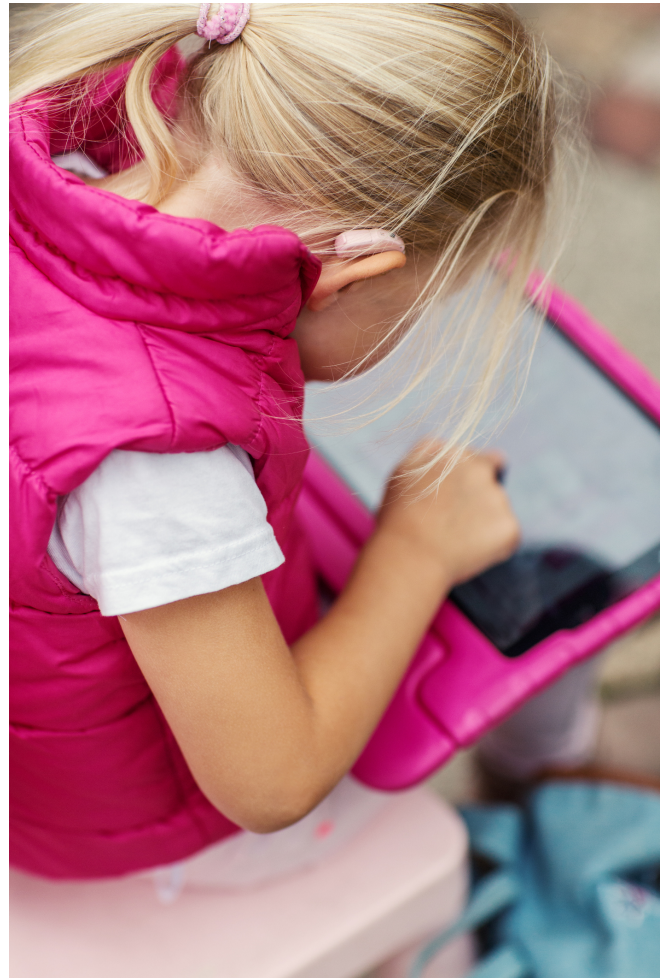


Technology is expanding and becoming a larger part of our life every day. It is easy for anyone to watch a TV show or play a video game and lose track of time. Children need to have supervision and guidance on screen time usage. Parents can set screen time limitations, so their children participate in a variety of educational activities. Some of the guidelines below could help you set limits for your child's screen time activity levels.

## Overall

- Be a positive role model by refraining from using your electronic device during family time and mealtime and use that time to interact with your child.
- Discuss policies with other families and learn about what works best for these families and then consider your own family's needs.
- Engage in screen time together so your child understands the limits you have set.
- Collect phones at the end of the night to charge them in the kitchen or the parent's bedroom. Removing the phones can eliminate disruptions from needed sleep.



## Ages 0-2 years

- Before 18 months, avoid use of screen time unless you video chat with family and friends.
- Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming and watch it with their children and discuss what the screen is displaying to help the children understand what they are seeing.

## Ages 2-5 years

- No more than 1 hour of screen time daily of high-quality programs.
- Parents should co-view media with children to help them understand what they are seeing and apply the messages they are learning to the world around them.
- Incorporate other activities such as reading books, building with blocks, or playing with toy cars.
- Interact with your child in creative play to show you care about and are interested in them.

## Ages 5-10

- No more than 2 hours of recreational screen time daily.
- Allow some time for your child to relax and enjoy media through educational, high-quality screen time.
- Designate technology free zones such as the bedroom and dinner table.
- No technology is allowed an hour prior to bedtime or during homework time.

## Ages 10-18

- No more than 2 hours of recreational screen time daily.
- Be flexible with screen time limitations by letting your child make choices and help them understand the consequences his or her choices may have.
- Go over the risks of screen time usage including sleep disruption, cyberbullying, and online solicitation in age-appropriate ways.



## References

American Academy of Pediatrics. (2016, October 21). *American Academy of Pediatrics announces new recommendations for children's media use*. <https://services.aap.org/en/news-room/news-releases/aap/2016/aap-announces-new-recommendations-for-media-use/>