



Screen Time Recommendations for Families



Avoid digital media use (except video-chatting) in children younger than 18 to 24 months.

For children ages 18 to 24 months of age, if you want to introduce digital media, choose high-quality programming and use media together with your child. Avoid solo media use in this age group.

Do not feel pressured to introduce technology early; interfaces are so intuitive that children will figure them out quickly once they start using them at home or in school.

For children 2 to 5 years of age, limit screen use to 1 hour per day of high-quality programming, coviev with your children, help children understand what they are seeing, and help them apply what they learn to the world around them.

Avoid fast-paced programs (young children do not understand them as well), apps with lots of distracting content, and any violent content.

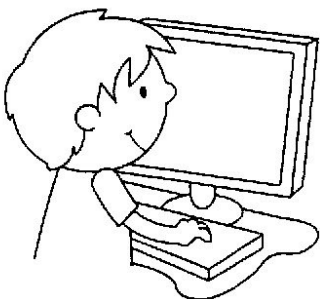
Turn off televisions and other devices when not in use.

Avoid using media as the only way to calm your child. Although there are intermittent times (eg, medical procedures, airplane flights) when media is useful as a soothing strategy, there is concern that using media as strategy to calm could lead to problems with limit setting or the inability of children to develop their own emotion regulation. Ask your pediatrician for help if needed.

Monitor children's media content and what apps are used or downloaded. Test apps before the child uses them, play together, and ask the child what he or she thinks about the app.

Keep bedrooms, mealtimes, and parent-child playtimes screen free for children and parents. Parents can set a "do not disturb" option on their phones during these times.

No screens 1 hour before bedtime, and remove devices from bedrooms before bed.



Consult the American Academy of Pediatrics Family Media Use Plan, available at: www.healthychildren.org/MediaUsePlan.

(Source: <http://pediatrics.aappublications.org/node/124855.full>)