

Screen Time / Age Recommendations / Parent Control for Online Games Use

Helping children balance screen time with offline activities is essential for healthy development. While gaming can encourage creativity, problem-solving, and social interaction, too much time in front of screens can affect sleep, mood, attention, and physical health.

These lower-end recommendations are based on research from the American Academy of Pediatrics, Common Sense Media, and other child development experts.

Age Group	Recommended Daily Screen Time (recreational/games)	Notes
Ages 2–5	Up to 30–60 minutes per day	Focus on high-quality educational games and co-viewing with a parent. Avoid unsupervised online play.
Ages 6–9	30–60 minutes per day	Encourage breaks every 20–30 minutes. Prioritize physical activity, creative play, and social interaction.
Ages 10–12	Up to 60 minutes per day	Keep games supervised. Balance gaming with homework, outdoor play, and offline hobbies.
Teens (13–17)	60–90 minutes per day	Support self-regulation and monitor for fatigue, irritability, or sleep disruption. Encourage offline social activities.

Tip: Create a family “media plan” to clearly define screen-free times, gaming limits, and rules for device use. The American Academy of Pediatrics Family Media Plan offers a helpful online tool.

Appropriate Ages for Roblox, Minecraft, and Fortnite

Game	Recommended Age	Official Rating	Why
Roblox	Ages 9+ (with strong parental supervision for younger children)	ESRB: E10+	User-generated content varies; some games include mature themes and open chat. Parental controls recommended.

Game	Recommended Age	Official Rating	Why
Minecraft	Ages 7+	ESRB: 10+ / PEGI: 7	Safe and creative, but multiplayer mode should be supervised to prevent contact with strangers.
Fortnite	Ages 13+	ESRB: T (Teen)	Includes cartoon violence, competitive play, and chat features. Not recommended for younger children without heavy oversight.

Healthy Gaming Habits

- Set daily limits and use parental tools to enforce them.
 - Encourage breaks every 20–45 minutes to rest eyes and stretch.
 - Keep devices in shared spaces to monitor play.
 - Talk openly about what your child is playing and who they interact with.
 - Prioritize balance — gaming should complement sleep, schoolwork, physical activity, and in-person friendships.
-

Platform-Specific Parental Controls

Below are key parental control tools for devices and platforms. Click the links to access setup guides and manage settings.

1. Xbox Consoles – [Xbox Family Settings](#)

- Set screen time limits per app/game
- Manage multiplayer and online communication
- Control purchases and spending
- View activity reports

2. PlayStation (PS5 & PS4) – [PlayStation Parental Controls](#)

- Restrict games by age rating
- Manage online communication and friend requests

- Limit playtime and set PINs for restricted settings

3. Nintendo Switch – [Nintendo Switch Parental Controls](#)

- Set daily playtime limits
- Restrict age-appropriate games and content
- Manage online communication and posting
- Receive activity reports

4. Windows 10/11 PCs – [Microsoft Family Safety](#)

- Set screen time limits per device or app
- Filter websites and apps by age rating
- Approve purchases from Microsoft Store
- View activity reporting

5. macOS & iOS (iPhone/iPad/Mac) – [Apple Screen Time](#)

- Limit daily usage and app access
- Filter web content
- Approve app downloads and purchases
- Monitor communication and notifications

6. Android Devices – [Google Family Link](#)

- Set screen time and device bedtime
- Approve or block apps and downloads
- Track location and device usage
- Manage Google Play content ratings

7. Web Browsers

- **Google SafeSearch: [SafeSearch](#) – Filter adult content and unsafe searches**
 - [Make Google Search safer with SafeSearch - Android - Google Search Help](#)
 - [Google SafeSearch guide for parents | Internet Matters](#)

- Microsoft Edge Family Safety: [Edge Family Safety](#) – Block adult websites and set time limits

8. Streaming & Video Platforms

- [YouTube Kids: YouTube Kids](#) – Curate videos by age, set watch time limits, block content
- Netflix / Disney+ / Hulu: Create profiles with age-appropriate content, restrict titles, set PINs for restricted profiles
 - [Netflix Parental Controls](#)