HEALTHY SCREEN TIME

Information from AAP.org, mayoclinic.org, and
American Academy of Child and Adolescent Psychiatry (www.AACAP.org)

Screen Time Guidelines by Age

- If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use.
- For children ages 2 to 5, limit screen time to 1-2 hours a day of high-quality programming.
- As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate for YOUR child.

Types of Screen Use

- Creative: Making music, creating digital art, making videos, and other positive outlets.
- Passive: Watching TV. Good television can be highly influential, beneficial and worth seeking out and watching together.
- Active: Gaming and searching. Games cover a wide range of content, styles, age appropriateness and goals. Some games promote learning, problem solving, critical thinking and the development of fine motor skills and coordination. Games may also offer the benefit of physical activity and movement.
- Communicative: Communication between individuals. Provides opportunities for easier connectivity with relatives / friends through gaming WITH others.

Tips for Positive Screen Use

- Teach kindness, be involved, and know your child's friends and what your child does with them.
- Quality matters as much as quantity!
- The Electronic Software Ratings Board (ESRB) provides ratings on appropriateness of games for children and teens. Check ESRB ratings to select appropriate games, both in content and for level of development. Organizations like Common Sense Media can also help you determine what's appropriate for your child.
- When watching programming with your child, discuss what you're watching, providing education related to content as needed.

Quality Screen Time

- Preview programs, games and apps before allowing your child to view or play with them. Know WHAT your child is watching / playing and WHO they are engaging with!
- Use parental controls to block or filter internet content.
- **Set necessary limits** around content and screen time usage to avoid negative consequences the can occur with excessive screen usage and / or inappropriate and / or violent content.
- Show interest in what your child likes to watch / play! Have them teach you about their interests, play with them, watch with them - this is a great way to connect!