



SCREEN TIME FOR KIDS



18 MONTHS OR YOUNGER

No screens are best.

The exception is live video chat with family and friends.



18 MONTHS TO 2 YEARS

Limit screen time and avoid solo use.

Choose high-quality educational programming and watch with kids to ensure understanding.



2 TO 5 YEARS

Limit screen time to an hour a day.

Parents should watch as well as to ensure understanding and application to their world.



6 TO 10 YEARS

Place consistent limits on the time spent and types of media.

Don't let screen time affect sleep, exercise or other behaviors.



11-13 YEARS

Up to 2 hours per day - At this age, children can understand the concept of balance. You can help them understand the benefits of moderation.

FOR THE FAMILY

Set family media-free times like meals or driving.

Identify media-free zones like bedrooms.

Continue discussing online citizenship and safety, including treating others with respect online and offline

