

Screen Time Guidelines

As recommended by the American Academy of Pediatrics (AAP) and World Health Organization (WHO)

Everyone in the Family

- Communal screen activities positively engage children in different ways! Break down screen time's inherent tendency to isolate us by enjoying a movie night or trip to the theater together.
- Participate in regular, physical activity together – walks, bike rides, trips to the park, etc.
- Model the type of behavior you want – limit your own screen time to 2 hours per day.
- Reinforce the message by having consistent conversations about appropriate amounts of screen time.
- Designate media-free time together, such as at the dinner table, in the car, etc., to achieve balance.



Managing Screen Time at Home

The guidelines listed above are a great starting point. Additional ways to monitor and protect your children from the effect of blue light exposure from digital screens include:

- Monitoring time on devices via screen-time-tracking and parental control apps like [Zift](#) and [Screen Time](#)
- Balancing exposure by implementing “earned” screen time by completing homework, finishing chores, brushing teeth, etc.
- Removing or shutting off digital devices in the child's bedroom 2 hours before bedtime to enforce limits and encourage a consistent sleep routine.
- Providing nutritional support against the harmful effects of blue light on eyesight via [EyePromise Screen Shield™ Teen](#)



Sources: "American Academy of Pediatrics Announces New Recommendations for Children's Media Use." AAP.org, www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx.
Marcoux, Heather. "No More Guessing: Screen Time Guidelines for Toddlers to Teenagers." Motherly, Motherly, 7 Aug. 2018, www.motherly.com/child/no-more-guessing-screen-time-guidelines-for-toddlers-to-teenagers.
"New Screen Time Guidelines for Kids Were Just Released and Parents Are Still Doing It Wrong." Fatherly, 25 Apr. 2019, www.fatherly.com/news/world-health-organization-releases-new-screen-time-guidelines-kids/.