



## Screen Time Recommendations

Technology is expanding and becoming a larger part of our life every day. It is easy for anyone to watch a TV show or play a video game and lose track of time. Children need to have supervision and guidance on screen time usage. Parents can set screen time limitations, so their children participate in a variety of educational activities. Some of the guidelines below could help you set limits for your child's screen time activity levels.

### Overall



Be a positive role model by refraining from using your electronic device during family time and mealtime and use that time to interact with your child.



Discuss policies with other families; learn what works best for these families, then consider your own family's needs.



Engage in screen time together so your child understands the limits you have set.



Collect phones at the end of the night to charge them in the kitchen or the parent's bedroom. Removing phones can eliminate disruptions from needed sleep.

### Recommendations

#### Ages 0-2 years



Before 18 months, avoid use of screen time unless you video chat with family and friends.



Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming and watch it with their children and discuss what the screen is displaying to help the children understand what they are seeing.



## Ages 2-5 years



No more than 1 hour of screen time daily of high-quality programs.



Parents should co-view media with children to help them understand what they are seeing and apply the messages they are learning to the world around them.



Incorporate other activities such as reading books, building with blocks, or playing with toy cars.



Interact with your child in creative play to show you care about and are interested in them.

## Ages 5-10 years



No more than 2 hours of recreational screen time daily.



Allow some time for your child to relax and enjoy media through educational, high-quality screen time.



Designate technology free zones such as the bedroom and dinner table.



No technology is allowed an hour prior to bedtime or during homework time.

## Ages 10-18 years



No more than 2 hours of recreational screen time daily.



Be flexible with screen time limitations by letting your child make choices and help them understand the consequences their choices may have.



Go over the risks of screen time usage including sleep disruption, cyberbullying, and online solicitation in age-appropriate ways.

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### Reference:

American Academy of Pediatrics. (2016, October 21). American Academy of Pediatrics announces new recommendations for children's media use. <https://services.aap.org/en/news-room/news-releases/aap/2016/aap-announces-new-recommendations-for-media-use/>

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!