



Managing Screen Time

There are important differences between monitoring screen time and content. While parents may be concerned about kids binge watching YouTube or being on social media all night, they are less likely to worry about a device used for video chatting with grandma. Many scenarios involve screens, but also differ greatly in terms of creativity, communication, or educational value.



Finding Your Family's Screen Time Balance:

- The 7 Steps to Good Digital Parenting encourages parents to talk with their kids. Use Step #1 to see what your kids think about their own screen time.
- Make a formal rule about screen time for your household by signing a Family Online Safety Agreement. Each family member will get to collaborate and come up with the best mix.
- Consider limiting screen time by weekday and weekend, during school vacation and in the school year.

Recommendations:

Each family is unique, and the best approach to screen time may depend on the different ages and needs of children in the household. While it may be appropriate for your child to use their devices more or less than what is proposed, these guidelines suggest:



0 to 18 months - Refrain from the use of screens unless for video chatting.



18 to 24 months - Parents can introduce high-quality programming and co-view it with their children to help explain what they are viewing.



2 to 5 years - Limit screen time to 1 hour per day of high-quality programming. Using co-viewing, parents can help their child apply what they are viewing to the world they live in.



6+ - Set consistent limits on screen time and the types of media being viewed. Ensure that media does not interfere with sleep, physical activity, and other essential behaviors.

“How much screen time?” is a popular question with many different answers. What works well for one family might not work for another, so be sure to spend proper time establishing the right screen balance for your use.