

Screen Time Guidelines for Children (Birth to Age 10)

Introduction

In today's digital age, screens are an integral part of our lives. While technology offers incredible learning opportunities and entertainment, it's essential to manage screen time for children to ensure their healthy development. Here are some guidelines and tips based on recommendations from reputable sources.

Screen Time Recommendations by Age

Birth to 18 Months:

- **Avoid screen time** except for video chatting with family and friends

18 to 24 Months:

- **Introduce up to 30 minutes** of high-quality, educational content per day, always supervised by a caregiver

2 to 5 Years:

- **Limit non-educational screen time** to about 1 hour per weekday and up to 3 hours on weekends
- Focus on interactive and educational content

6 to 10 Years:

- **Limit recreational screen time** to 2 hours per day
- Encourage a healthy mix of activities, including outdoor play, family time, and educational screen use

Tips for Healthy Screen Time

1. Co-View and Discuss Content:

- Watch, play, or use digital media with your child to help them understand what they are seeing and apply it to the world around them

2. Create Screen-Free Zones:

- Designate certain areas of the home, such as bedrooms and dining areas, as screen-free zones to encourage other activities and family interaction

3. **Set a Good Example:**

- Model healthy screen habits by limiting your own screen time and engaging in offline activities

4. **Encourage Other Activities:**

- Promote activities that do not involve screens, such as sports, reading, and creative play

5. **Use Parental Controls:**

- Utilize parental controls to manage the content your child can access and ensure it is age-appropriate

6. **Establish a Routine:**

- Create a daily schedule that includes time for homework, chores, physical activity, and screen time

7. **Discuss Online Safety:**

- Teach children about online privacy and safety, including the importance of not sharing personal information

Conclusion

By setting clear limits and fostering healthy digital habits, caregivers can help children enjoy the benefits of technology while minimizing potential risks. Remember, the goal is to balance screen time with other important activities that contribute to a child's overall well-being.

Screen Time and Children: How to Guide Your Child:

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

Beyond Screen Time: Help Your Kids Build Healthy Media Use Habits:

<https://www.healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx>

Social Media & Screen Time:

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Screen_Media_Resource_Center/Home.aspx