



Screen Time

How much screen time is too much? Here are some tips to help you set limits and develop technology boundaries that work for your family.

HOW MUCH?

The American Academy of Pediatrics recommends that time spent on a tablet or device be limited to no more than 60 minutes total per day for children 2-5 years old.

Doctors agree that children under the age of 2 should not be allowed any screen time to ensure healthy brain development.

WHEN?

Deciding when screen time is acceptable can be difficult. Time spent together as a family is more valuable than any device.

Family meals are for conversation and sharing about your day. Car rides are for talking, singing, and looking for signs. Bed time is for reading stories and bonding.

CHOOSING APPS

When it comes to choosing apps for your child, it's important to be selective. Not all apps are educational, despite what they may say. Ask yourself these questions when choosing apps:

- Does it promote creativity?
- Does it promote innovation?
- Does it promote problem solving?

SCREEN TIME TIPS

Young children learn best through real-world experiences such as playing with friends, building with blocks, reading books, playing outdoors, and creating artwork. It can be tempting to use technology as a babysitter, but your child will benefit more when it is used as a tool to communicate with friends and family.