

RECOMMENDED SCREEN TIME



INFANTS AGE 0-2



NOT RECOMMENDED

It is recommended that children under 2 years of age do not watch screens.

For children aged 18-24 months, if they are to watch screens, it should be high-quality programming, and parents should watch with them to help them understand what they are seeing.

TODDLERS AGE 2-5



UP TO 1 HOUR

Limit screen time to no more than 1 hour of high quality programming, supervised by a caregiver.

Encourage activities that promote physical activity and social interaction.

SCHOOL AGED AGE 6-12



CONSISTENT LIMITS

Consistent limits on screen time are still important, but the specific amount may vary based on individual needs and family routines.

Encourage a balance between screen time and other activities, such as physical play, reading, and socializing with friends and family.

ADOLESCENTS AGE 13-18



RESPONSIBLE USE

Establish consistent limits and encourage responsible use of screens, such as prioritizing time for appropriate social interactions, healthy meals, homework, physical activity, sleep, and other important aspects of well-being.

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



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It's important for parents to consider the quality of the screen time, such as the content being consumed and the context in which it is used.

Flexibility is key, and parents should adjust screen time limits based on their child's individual needs and activities. Regularly monitoring and reassessing screen time habits within the family can help maintain a healthy balance.

To access more information, free printables and resources on Internet Safety, go to:
www.ncats.net/parentresources