



Pediatricians suggest limiting kids' screen time. But they also see the value in video chatting with grandma. So where do you draw the line? We break down the latest recommendations from the American Academy of Pediatrics.

## Defining screen time



### Entertainment vs educational

Screen time based purely on entertainment doesn't offer much to our kids. But some screen time offers educational benefits, such as:

- Online homework
- Digital books
- High-quality TV programs
- Interactive tools
- Educational apps



## By the numbers

Teens spend 9 hours a day using media. But screen time starts much younger than that. Screen time recommendations by age are:

## 0 to 18 months

No screen media other than video chatting.

## 18 to 24 months

Occasional educational screen time, watched with a caregiver.

## 2 to 5 years

Limit of 1 hour per day of educational screen time, watched with a caregiver.

## 6 and older

Limited overall screen time that doesn't interfere with important daily growth functions.



An average day for a healthy kid includes school, homework time, at least 1 hour of physical activity, social contact, meal times and sleep. Whatever's leftover can be screen time.

Visit [www.healthychildren.org/mediauseplan](http://www.healthychildren.org/mediauseplan) to create a screen time schedule that works for you and your child.

## School daze



### In the classroom,

80 percent of learning takes place visually in the first 12 years. It is critical to watch how much and what our children are exposed to through digital media.



### Enforce screen time and create a healthy routine by:



- Designating media-free time
- Turning off devices when not in use
- Avoiding media as a calming device
- Keeping devices out of bedrooms
- Powering down during meals
- Limiting your screen time, too
- Using parental control settings
- Exploring the library to make reading fun

## From the expert

"Technology is becoming more entwined with our daily lives — we have to monitor and be smart about how we use it. Finding balance is the key."

— Dr. Jennifer Tam, an optometrist with Sharp Rees-Stealy

