

Screen Time - 18 Months to 5 years

Computers, mobile devices and televisions have become a big part of our lives. The digital media that these devices provide can enhance our children's lives. However, in young children, it is important to use these devices and the media they present in a non-harmful way. The American Academy of Pediatrics has made the following recommendations for digital media and young children:

- Avoid digital media use (except for video chatting) in children younger than 18 to 24 months
- For children 18 to 24 months, if you introduce digital media, choose high quality programming (Sesame Workshop and Public Broadcasting Service (PBS)). View it together with your child, rather than have your child use it alone.
- Do not feel pressured to introduce technology early.
- For children 2 to 5 years of age, limit screen use to 1 hour a day. It should be high quality and viewed together with your children so you can help them understand what they are seeing.
- Avoid fast-paced programs, apps with lots of distracting content and any violent content.
- Turn off televisions and other devices when not in use.
- Avoid using media as the only way to calm your child.
- Test apps before your child uses them.
- Keep bedrooms, mealtimes and parent-child playtimes screen free.
- No screens 1 hour before bedtime and remove devices from bedrooms before bed.
- Use the American Academy of Pediatrics Family Media Use Plan at www.healthychildren.org/MediaUsePlan