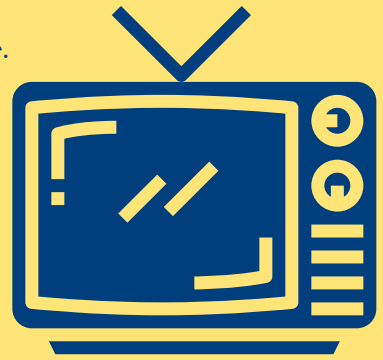


# Screen Time and Young Children

The American Academy of Pediatrics recommendations for screen time use.



www.papromiseforchildren.com

**18**

**Months and younger**

Avoid use of screen media other than video-chatting.

**18 to 24**

**Months**

Parents who want to introduce digital media should choose high-quality programming and watch it with their children to help them understand what they're seeing.

**2-5**

**Years**

Limit screen use to one hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

**6+**

**Years**

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



**Be the example.** Children watch what happens around them to learn what they should or shouldn't do. Be aware of when you reach for your screen. Put down your screen and engage with your child.

**Play and engage with your child.** Engaging in play with your child helps them learn language skills, fine and large motor skills and more. These skills lay the foundation for ones they will need later in their interactions with friends, teachers, and eventually employers! You don't need fancy or expensive toys for your child to play. [When I Play, I Learn](#) has ways to use common items—like a box—in your child's play.

**Help your child join every day activities.** Every child can join in with activities, like preparing a meal, folding laundry, grocery shopping and more. [Every Day I Learn Through Play](#) (for infants and toddlers) and [Learning is Everywhere](#) (for children birth to kindergarten) has tips for ways to use every day activities as a way to help your young child learn.

