### Screen Time Guidelines by Age

**As recommended by the American Academy of Pediatrics**

<table>
<thead>
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<th>Age Group</th>
<th>Guidelines</th>
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<tr>
<td><strong>Under 18 months old</strong></td>
<td>No screen time outside of video chatting with Grandma, etc.</td>
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| **Toddlers (18 months-24 months)** | - Little to no screen time recommended  
  - This is a critical developmental period for them, so encourage as much physical and creative interaction with people as possible.  
  - If they do get screen time, co-watch high-quality educational content with them to help them understand what they are seeing, and limit total exposure to < 1 hour. (Content offered by [Sesame Workshop](https://www.sesameworkshop.org) and [PBS Kids](https://www.pbskids.org) is great) |
| **Preschoolers (3-5)** | - Up to 1 hour per day is fine  
  - Try to plan TV-time in advance – resist the temptation to use them as a calming or distracting device.  
  - Children at this age can have mindful interaction with characters, so help them understand what they are seeing and apply it to the world around them!  
  - Many types of screen media content have print or other versions – try finding books or toys that can enable your child to interact with favorite characters off-screen. It makes for another way to engage your kids in creative play! |
| **Elementary School Aged (6-10)** | - Up to 1 to 1.5 hours per day  
  - Place consistent limits on time spent using media, and the types of media being consumed.  
  - Since they are now entering school, make sure screens don’t become a habit before homework gets completed.  
  - While developing tech skills is important, try to aim for a balance of creative and laid-back time.  
  - As they grow, parents can gradually give kids more control and choice in how they manage their time.  
  - Make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health. |
| **Middle School Aged (11-13)** | - Up to 2 hours per day  
  - At this age, children can understand the concept of balance. It is up to parents to help them see how screen time fits into their schedule.  
  - If you find your child getting really into a certain video game for a week or two, gently try to help them understand the benefits of moderation.  
  - Help your children understand that recognizing when we are spending too much time doing any one thing is a valuable life skill. |
Everyone in the Family

- Communal screen activities positively engage children in different ways! Break down screen time’s inherent tendency to isolate us by enjoying a movie night or trip to the theater together.
- Participate in regular, physical activity together – walks, bike rides, trips to the park, etc.
- Model the type of behavior you want – limit your own screen time to 2 hours per day.
- Reinforce the message by having consistent conversations about appropriate amounts of screen time.
- Designate media-free time together, such as at the dinner table, in the car, etc., to achieve balance.

Managing Screen Time at Home

The guidelines listed above are a great starting point. Additional ways to monitor and protect your children from the effect of blue light exposure from digital screens include:

- Monitoring time on devices via screen-time-tracking and parental control apps like Zift and Screen Time
- Balancing exposure by implementing “earned” screen time by completing homework, finishing chores, brushing teeth, etc.
- Removing or shutting off digital devices in the child’s bedroom 2 hours before bedtime to enforce limits and encourage a consistent sleep routine.
- Providing nutritional support against the harmful effects of blue light on eyesight via EyePromise Screen Shield™ Teen

Sources: