



SCREEN TIME

LIMIT FOR YOUNG CHILDREN

The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) have both developed screen use recommendations for children. Screens are defined as smart phones, tablets, computers, and video games. Children under age 2 should not use screens except for video chat. Children age 2 to 5 should be limited to not more than one hour of high-quality screen time each day. Parents should co-view with their child.

Age	AAP	WHO
0-12 months	None except video chat	None
12-18 months		Very Limited
18 – 24 months	Limited, co-view, high quality only	
2 – 4 years	Less than 1 hour per day, high quality, co-view	

Make a Family Media Use Plan

Set Limits and Encourage Outdoor Play

Screen Time Should be Family Time

No Digital Media at Meal Times

Limit Screens Before Bedtime

Monitor Your Child's Media Usage

RESOURCES

www.aap.org
who.org
healthychildren.org