

A Parent's Guide to Healthy Kids

Helping Your Child With Devices and Screen Time



It is hard to know and decide what to do about devices and screen time for your children these days. People always have their phones on them, which makes it harder for parents to help their children set a healthy balance. Here are some helpful guidelines and tips for building balance between screens and real life for your child.

Quick Facts



The Centers for Disease Control and Prevention (CDC) reports that children ages eight to 10 spend an average of 6-hours per day in front of a screen, kids ages 11 to 14 spend an average of 9-hours per day in front of a screen.

The American Academy of Pediatrics recommends an acceptable daily screen time of 1 hour per day for children 2 to 12 and 2 hours per day for teens and adults.

When online kids can be exposed to:

- Violence and unsafe risk-taking behaviors
- Sexual content and substance use
- Negative stereotypes
- Cyberbullies and predators
- Misleading or inaccurate information

Tips for healthy balance with screens:

- Encourage children to play outside and have face-to-face interactions with their peers.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens or stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.

Media-free zones, such as no screen time in the bedroom and media-free times, including no devices at the dinner table, can also be beneficial

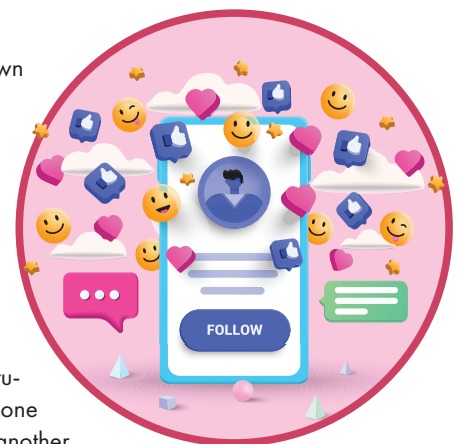
Encourage your child to try out other activities such as sports, music, art, and hobbies that do not involve screens.

Set a good example with your own safe and healthy screen habits.

Teach children about online privacy and safety.

Encourage using screens in ways that build creativity and connection with family and friends.

Consider your child or teen's maturity and habits. The right plan for one family may not be a good fit for another.



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