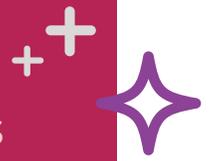




Smart Screen Time

A Family Guide to Healthy Digital Habits



From toddlers watching cartoons to teens scrolling social media, screens are a big part of daily life. Too much screen time and regular exposure to low-quality programming has been linked to obesity, sleep problems, behavioral and mental health issues, developmental delays, attention problems and less time learning.

America’s Kids and the Rise of Screen Time

Ages	Hours of Screen Time Per Day
0-8	Average 2.5 hours
8-12	Average 5.5 hours
13-18	Average 8.3 hours

But how much is too much? And how can families develop healthier digital habits that support childrens’ development, mental health, and family connection?

Expert Recommendations

Ages	Recommended Screen Time
Under 2	Avoid screen time, except for video chatting.
2-5	Limit to 1 hour per day of high-quality programming, co-viewed with a caregiver.
6 and up	Encourage healthy habits and limit activities that include screens.

Tips to Reduce Screen Time

- 1 Create Screen-Free Zones:** Keep bedrooms, dining areas, and family gatherings free of screens to promote better sleep and family interaction.
- 2 Set Clear Boundaries:** Establish daily screen time limits and curfews, such as no screens an hour before bedtime.
- 3 Encourage Physical Activity:** Replace some screen time with physical activities like sports, walking, or dancing to boost physical and mental health.
- 4 Plan Tech-Free Activities:** Designate certain days or times for screen-free activities like board games, reading, or outdoor adventures.
- 5 Be a Role Model:** Demonstrate balanced screen use by limiting your own screen time and engaging in offline activities.
- 6 Use Technology Wisely:** When using screens, choose educational or interactive content and co-view with your children to enhance learning and connection.

By implementing these strategies, families can foster healthier relationships with technology and promote overall well-being.

Sources:

[Exploding Topics+2COSMO Technologies, Inc.+2Exploding Topics+2AACAP+2Hello Pediatrics+2Children’s Wellness Center+2AACAP Mayo Clinic](#) [Common Sense Media data](#)

