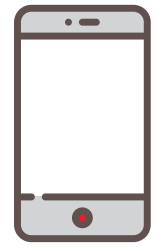


Reducing Screen Time



Screen Time Guidelines

Screen time includes time on electronics like smartphones, tablets, computers, televisions, and gaming systems.

Experts recommend that children under age 2 have no screen time besides family calls or video chats. Children ages 2-5 should have less than 1 hour a day. Children age 6 or older should have less than 2 hours a day.¹

¹ *What do we really know about kids and screens? (apa.org)*



How to Support Your Child



If you have concerns about your child's screen time, **talk to your child's doctor.**



Set **parental controls** on screens using the device's Settings menu.



Leave the phone **outside their bedroom** before going to sleep.



Encourage your child to do **activities without screens**, like going outside.



Create **screen free zones** for everyone in your home.



Know who your children are talking to online.



If your child has too much screen time, **set limits** and **follow through** with them.



Try **replacing** some of your child's screen time with books or games that support their learning.



Join in screen time with your child by watching or playing together.



Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan below or **click here** for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**