

# SCREEN TIME RECOMMENDATIONS BY AGE



Babies

**0-18 months**

**NONE**

\*Except for facetime with adults E.g., parents serving in the armed forces, grandparents unable to visit

\*Do **NOT** use screen time to calm down children

\*No screen time during meals

\*No screen time 1 hour before bedtime



Toddlers

**18- 24 months**

**< 1 HOUR**

Co-watching educational programs with parents or caregiver.

\*Do **NOT** use screen time to calm down children

\*No screen time during meals

\* Do not use screen time outdoors

\*No screen time 1 hour before bedtime



Children

**2- 5 years**

**0 - 3 hours**

1 hour or less each weekday and up to 3 hours each weekend day

\*Do **NOT** use screen time to calm down children

\*No screen time during meals

\* Do not use screen time outdoors

\*No screen time 1 hour before bedtime



Older children & Teens

**6-17 years**

**2 hours**

Ideally 2 hours or less of recreational screentime each weekday.

\* Focus on establishing healthy limits and making time for other important activities like physical activity and sleep