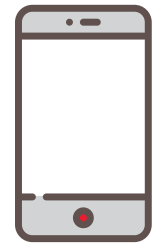


# Reducing Screen Time



## 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.<sup>1</sup>

<sup>1</sup> *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.**