

Screen Time Guidelines

Balance Online & Offline Activities



Being a Brain-Savvy Parent means understanding how screen exposure affects the developing brain and following evidence-based guidelines like the ones set forth by the American Academy of Pediatrics, listed in the table below. Digital dangers are especially devastating for younger children, who are more likely to suffer the adverse health effects, including obesity, sleep problems, cognitive deficits, language delays, social and emotional development issues, and Executive Functioning deficits, when exposed to screens too early.

Age	Screen Time Per Day	Type and Supervision
0-18 months	0-1 hours/day	Only video chatting
18-24 months	0-1 hours/day	High quality programming co-viewed with teaching
2-5 years	1 hour/day	High quality programming co-viewed with teaching
6-12 years	2 hours/day	Solo screen time on weekends with parental monitoring
12-16 years	2-3 hours/day	Solo screen time on weekends with parental monitoring

The iGeneration, brought up on technology, spends up to nine hours per day on screens and receives two hours less face-to-face time with people per day than the prior generation. Research indicates that three or more consecutive hours of screen time per day is linked to high levels of sadness, hopelessness, meaninglessness, and suicide risk.

During the learning process, the brain creates new dendrites as it engages in activities for 3 to 4 hours at a time. Therefore, to achieve a healthy balance of brain growth, Brain-Savvy Parents can follow the screen time guidelines set forth by the American Academy of Pediatrics and can practice the three healthy tech rules to the right.

Healthy Tech Rule #1

No more than 3 hours of consecutive recreational screen time.

Healthy Tech Rule #2

Balance each hour of screen time with one hour of an activity that engages other parts of the body and brain, such as outdoor play, exercise, recreational activities and helpful chores.

Healthy Tech Rule #3

Take brain breaks every 20-30 minutes of academic screen time for a couple minutes to give the brain a chance to rest and recharge.