

Be Screen Smart

What do we mean by screen use?

Screen time is the use of computers, tablets/iPads, mobiles and TV

Infants under 18 months should **avoid** the use of screens other than video-chatting.

Parents of **children 18 to 24 months** who want to **introduce** digital media should choose **high-quality programming, and watch it with their children** to help them understand what they're seeing.

2 to 5 years, limit screen use to 1 hour per day. Parents should view media with children to help them understand what they are seeing and apply it to the world around them.

6 years and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Ensure you have media-free times together, such as dinner or driving, as well as media-free areas at home, such as bedrooms.

Have ongoing communication about online safety, including treating others with respect online and offline.