

Screen time

recommendations

Under 18 months: no screen time other than video chatting

18 to 24 months: avoid letting children use media by themselves. Choose high-quality programming and apps, and always watch or play with your children. This is how toddlers learn best.

2 years and older: no more than one hour of high-quality programming per day

- Watch and play with your children as often as possible.
- Find other activities for them to do that are healthy for the body and mind: reading, talking, playing outside
- Always know what your kids are watching to make sure it is age-appropriate and not too violent.