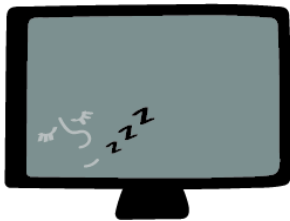


Healthy media strategies

Tips and tricks to try



How much screen time is too much?

- **Children less than 2 years:** avoid screen use, except for video chatting with family and loved ones.
- **Preschool-aged youth:** aim for less than 1 hour a day of quality programming, like Sesame Street.
- **School-aged youth, adolescents, and adults:** try for no more than two hours of recreational screen time daily, but more importantly, ensure that screen time is not replacing other important parts of daily life like physical activity, meal times, social interaction, and adequate sleep.

What are some good guidelines for media and screen use?

- **Create screen-free zones**—and stick to them! Try screen-free meals, bedrooms (especially in the hour before bedtime), and important social interactions (like parent-child playtime or date night).
- **Model healthy media and screen use habits** to encourage change in those around you.
- **Co-view media with your children** by watching what they watch. As you take in high-quality content together, engage them in discussion to create a richer learning experience.
- **Use a Family Media Plan** to guide a conversation about recreational screen time and decide on your household rules together. Try different options and see what's right for you: consider tools from www.common sense media.org and www.healthy children.org/mediauseplan.

Where can I learn more, and from where did you get this advice?

- American Academy of Pediatrics: tinyurl.com/aap screen use and healthy children.org/mediauseplan
- Screen Free Week: <https://www.screenfree.org/resources>
- Common Sense Media: <https://www.common sense media.org>

