

SCREEN TIME FOR CHILDREN

BALANCE, QUALITY, AND ENGAGEMENT

01. Infants

Avoid screens for children under 18 months, except for video chatting with family.

02. Toddlers

18–24 months

Choose high-quality educational content and co-view with them to help them understand and engage with the materials.

03. Preschoolers

ages 2–5

This age range should have no more than one hour of screen time per day.

04. Parent Tips

Co-watch and discuss what they see on screens to make media use interactive rather than passive.

05. Parent Tips

Avoid using screens as a calming tool, as it can interfere with emotional regulation.

06. Parent Tips

Create screen-free zones (like during meals and before bedtime) to support healthy routines.