

# Screen Time Tips for Children Ages 0-5



1. Avoid screens for children under 18 months, except for video chatting with family.
2. For toddlers (18–24 months), choose high-quality educational content and co-view with them to help them understand and engage with the material.
3. Preschoolers (ages 2–5) should have no more than one hour of screen time per day, and it should be high-quality, age-appropriate content (like PBS or Sesame Street).
4. Co-watch and discuss what they see on screens to make media use interactive rather than passive.
5. Encourage hands-on, real-world play as the primary way young children learn and develop social-emotional skills.
6. Avoid using screens as a calming tool, as it can interfere with emotional regulation.
7. Create screen-free zones (like during meals and before bedtime) to support healthy routines!