

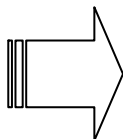
# Healthy Screen Guidelines For Parents

Television, Videos, DVDs, and Computer and Video Games

*The most important thing you can do to protect your kids from media meddling is to set strong limits and enforce them consistently.*

The American Academy of Pediatrics recommends:

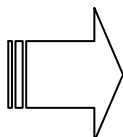
Babies -2 years of age should not view any screens until age 3.



**Consider:**

Playtime using touch, smell, taste, sound and sight. Watching shows with your child is a positive experience. It helps you monitor what they see.

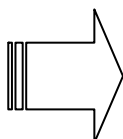
Children 3-7 years of age should have screen time limited to 0-2 hours/day. No televisions in bedrooms.



**Consider:**

When children are viewing the screen, look for shows with no violence, sex, or drug use. Watching shows with your child is a positive experience. It helps you monitor what they see.

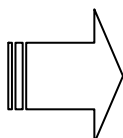
Children 8-12 years of age should have screen time limited to 0-2 hours/day. Don't let watching get in the way of school, reading, or sports time.



**Consider:**

Rules such as television viewing after homework or when chores are done. Watching shows with your child is a positive experience. It help you monitor what they see.

Teens 13-18 years of age should have screen time limited to 0-2 hours/day. Discuss hidden messages in ads.



**Consider:**

Talking to your teen about how he wants to fit screens into his life. Watching shows with your child is a positive experience. It help you monitor what they see.

## **SUGGESTIONS TO LIMIT AND CONTROL SCREEN USE:**

- ✓ Cut parent screen time in half
- ✓ Watch, listen and play videos with your child.
- ✓ Talking, playing, and reading are other ways to spend time with children.
- ✓ Bike riding and walking are great exercises for parent and child.

Please visit the following website to download a free book on parenting and to access other websites: <http://www.medialiteracy.net>