

AAP Screen Time

RECOMMENDATIONS

AGE	RECOMMENDATIONS	RECOMMENDATIONS
UNDER 18 MO	AVOID SCREEN MEDIA OTHER THAN VIDEO CHATTING	
18-24 MO	CHOOSE HIGH-QUALITY PROGRAMMING & WATCH WITH CHILD	
2-5 YEARS	LIMIT SCREEN USE TO 1 HOUR PER DAY OF HIGH-QUALITY PROGRAMMING & WATCH WITH CHILD	CO-VIEW MEDIA WITH CHILD TO HELP THEM UNDERSTAND WHAT THEY'RE SEEING
6 AND OLDER	PLACE CONSISTENT LIMITS ON TIME SPENT USING MEDIA.	ENSURE MEDIA DOES NOT TAKE THE PLACE OF ADEQUATE SLEEP, PHYSICAL ACTIVITY, & OTHER ACTIVITIES ESSENTIAL TO HEALTH

*AMERICAN ACADEMY OF PEDIATRICS (AAP)

WHO Screen Time

RECOMMENDATIONS

AGE	RECOMMENDATIONS	RECOMMENDATIONS
UNDER 1 YEAR	NO SCREEN TIME	
1-2 YEARS	NO SEDENTARY SCREEN TIME	
3-4 YEARS	NO MORE THAN 1 HOUR OF SEDENTARY SCREEN TIME DAILY	LESS IS BETTER

*WORLD HEALTH ORGANIZATION (WHO)

Canadian Pediatric Society

RECOMMENDATIONS

AGE	RECOMMENDATIONS	RECOMMENDATIONS
UNDER 2 YEARS	SCREEN TIME IS NOT RECOMMENDED	
2-5 YEARS	LIMIT ROUTINE OR REGULAR SCREEN TIME TO LESS THAN 1 HOUR PER DAY	
6-12 YEARS	NO SPECIFIC TIME LIMITS	ADVISES FAMILIES TO PRIORITIZE HEALTHY ACTIVITIES OVER SCREEN TIME

*CANADIAN PEDIATRIC SOCIETY