

Safe and Positive Screen Time

From schoolwork to connecting with friends, kids use screens for all kinds of things — so it's not realistic to forbid them altogether. But there are good reasons to be aware of how much time your child is spending on their devices. It's also important to consider what they're looking at and how they interact with it. This sheet provides a few tips for parents to consider.

FOR PARENTS WITH KIDS AGES 0-4

- Limit media exposure to an hour of high-quality programming
- Lead by example (e.g., putting your phone away during dinner time)
- Make time for your child to engage in “free play” with traditional toys and open spaces outside

FOR PARENTS WITH KIDS AGES 5-11

- Watch TV and movies together, and have a conversation about what you're watching
- Set appropriate boundaries on screen time (e.g., designating media-free rooms in the house)
- Encourage kids to have a wide range of interests, like reading or playing sports

FOR PARENTS WITH TWEENS AND TEENAGERS

- Make sure they have the appropriate privacy settings on their apps
- If your child has a social media account, follow them to monitor their page



RECOMMENDED HEALTHY APPS

The best apps and programs for kids are interactive and help encourage healthy habits like reading, mindfulness, and coping strategies. We've provided a list of apps to help support your child's well-being:

Breathe, Think, Do with Sesame
Daniel Tiger's Storybook
GoNoodle: Kids Videos
Learn with Sesame Street
Aumio: Family Sleep Meditation
Sesame Workshop
Daniel Tiger Feelings
Lingo Kids App
Khan Academy Kids