



Wespath

BENEFITS | INVESTMENTS



Screen Time Guidelines Decreasing Screen Time Toolkit

The average American adult spends more than 10 hours a day in front of a screen (this includes work).¹ Screen time for children can total 5 to 7 hours a day.² Much of what we do in a day—work, being entertained and/or learning—is in front of a screen.

It is recommended that for all ages, families designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms. Ongoing communication about citizenship and safety, including treating others with respect online and offline is also important.

Reason to Decrease Screen Time³

The rise in walking injuries due to cell phone distraction parallels the eight-fold increase in cell phone use in the last 15 years. It is as important to walk cell free as it is to drive cell free. For pedestrians, distractions can cause them to trip, cross roads unsafely or walk into motionless objects such as street signs, doors or walls.

What About Adults?

The guidelines haven't been clearly defined. Monitoring your screen time, how much you are sitting and evaluating if you need to increase your activity are all encouraged.

¹ Vision Council, Hindsight is 20/20

² Pediatrics, Children and Adolescents and Digital Media, October 2016

³ www.nsc.org/learn/safety-knowledge/Pages/news-and-resources-pedestrian-safety.aspx

⁴ Medlineplus.gov/ency/patientinstructions/000355.htm

Recommended Amounts of Screen Time for Children

The American Academy of Pediatrics (AAP) recommendations⁴



0 – 18 Months
0 HOURS

Avoid uses of screen media other than video-chatting



18 Months to 5 Years
1 HOUR PER DAY

Only high-quality programs should be allowed. Parents should co-view media with children to help them understand what they are seeing and how to apply it to the world around them.



6 Years and Older
CONSISTENT LIMIT OF UP TO 3 HOURS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

To help you determine and set up a media plan, use the Family Media Plan Tool. This plan was developed by the AAP.
healthychildren.org/English/media/Pages/default.aspx



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