



Wespath

BENEFITS | INVESTMENTS

Screen Time Guidelines



Recommended Amounts of Screen Time for Children

The American Academy of Pediatrics (AAP) recommendations³



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.



Screen Time

Average adult: 10 hours a day

Average child: 5–7 hours a day

The average 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.

For more useful tips, find the Decreased Screen Time Toolkit at wespath.org/benefits.

¹ Vision Council, Hindsight is 20/20

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

³ Medlineplus.gov/patientinstructions/000355.htm

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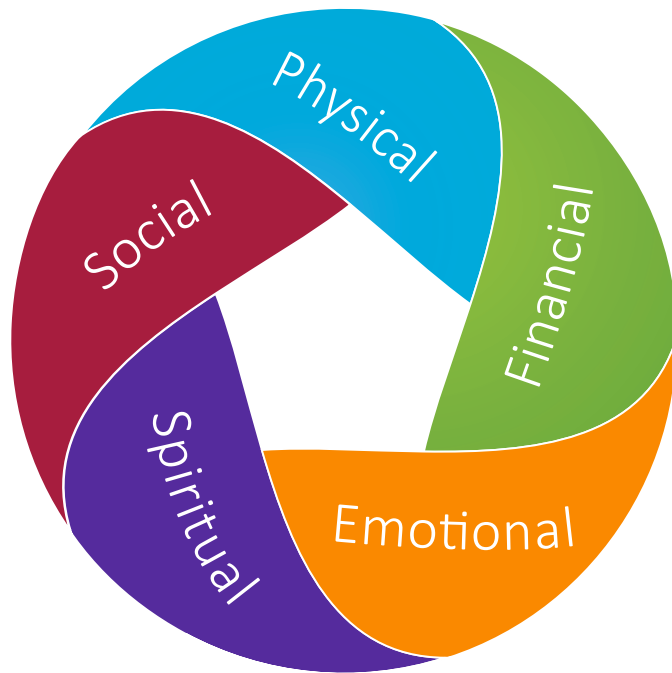
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



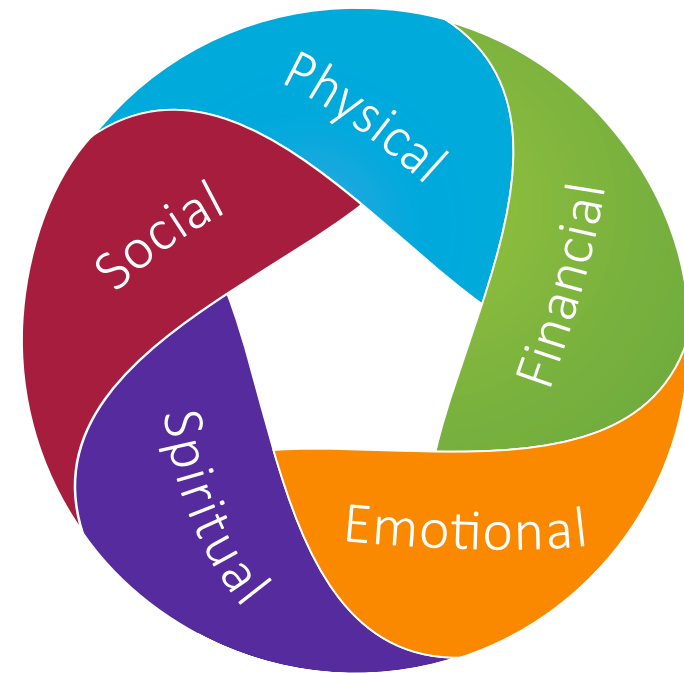
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