### Screen Time Guidelines

The average adult spends more than 10 hours a day in front of a screen (this includes work). Screen time for children can total 5 to 7 hours a day. 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.

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#### Recommended Amounts of Screen Time for Children

The American Academy of Pediatrics (AAP) recommendations

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Recommended Amount</th>
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</thead>
<tbody>
<tr>
<td>0–18 Months</td>
<td>0 HOURS</td>
</tr>
<tr>
<td>18 Months to 5 Years</td>
<td>1 HOUR PER DAY</td>
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<tr>
<td>6 Years and Older</td>
<td>CONSISTENT LIMIT OF UP TO 3 HOURS</td>
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</tbody>
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1. Vision Council, Hindsight is 20/20
2. Pediatrics, Children and Adolescents and Digital Media, October 2016
3. Medlineplus.gov/ency/patientinstructions/000355.htm
Find more health and well-being information at wespath.org/benefits.

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