



## KIDS AND DIGITAL MEDIA

New guidelines announced by the American Academy of Pediatrics today say parents not only need to pay attention to the amount of time children spend on digital media -- but also how, when and where they use it.

Here's a breakdown of the [new AAP guidelines](#)

- Avoid digital media use (except video chatting) in children younger than 24 months.
- If digital media is introduced to children between 18 and 24 months, choose high-quality programming and use the media with your child. Avoid solo use by the child.
- Do not feel pressured to introduce technology early. Interfaces are so intuitive that children will figure them out quickly once they start using them.
- For children ages 2 to 5, limit screen use to one hour a day of high-quality programming. Watch with your child and help them understand what they are seeing.
- Avoid fast-paced programs and apps with lots of distracting content or violence.
- Turn off TVs and other devices when not in use
- Avoid using media as the only way to calm your child. This could lead to problems with limit setting and ability to self-soothe and regulate emotions.
- Test apps before your child uses them, and play together.
- Keep bedrooms, mealtimes and parent-child play-times screen free. Parents can set a "do not disturb" option on their phones during these times.
- Set a rule: No screen time an hour before bed.

### **Some other factors to consider:**

- Keep digital media ( and regular printed material ) at reasonable distance away
- Get an eye examination – seeing tiny print is NOT enough to insure your child is not straining to read.