

▶ PLAY PAUSE || PARENT

A guide to healthy screen habits for growing minds

WHAT IS EXCESSIVE SCREENTIME? 🔍

Excessive screentime is when children are on devices more than what is healthy for their age and development.



SCREEN TIME STATISTICS



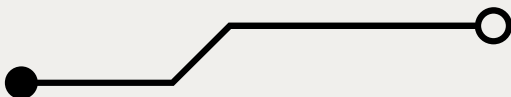
87%

of kids go over recommended screen time limits.¹



52%

there has been a jump in screentime use among kids since 2020.²

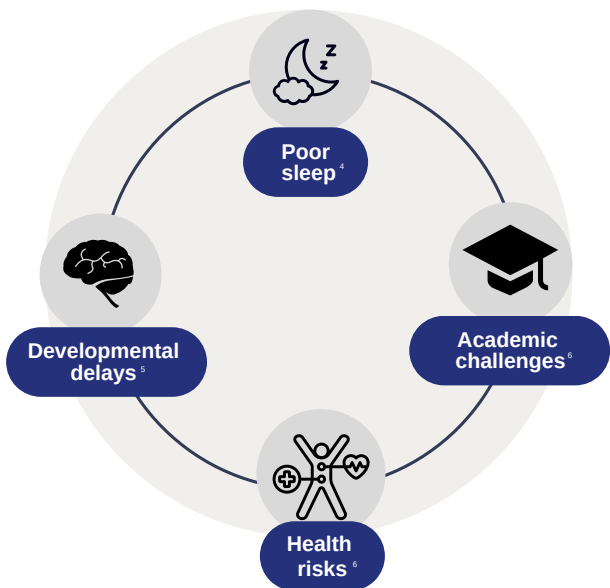


75%

of kids spend less than 1 hour playing outside each day.³



IMPACTS OF SCREEN TIME

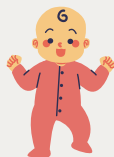


SCREEN TIME RECOMMENDATIONS



0-18 months

No screen time besides videocalls.⁷



18-24 months

Limited educational programs with caregiver.⁷



2-5 years

1-hour on weekdays, 3-hours on weekends.⁷



6+ years

Encourage healthy habits and limit as needed.⁷

HOW TO DECREASE SCREEN TIME? 🔍

1

Set built-in device limits. ^o



2

Make designated “screen free” zones in your household. ^o



3

Organize outside playtime for your child. ^o



TEACHING DIGITAL LITERACY

Watch & play together ^o



Watch with your child to guide and model healthy screen habits.

Have conversations about internet safety ^o



Talk about privacy, cyberbullying, and being safe online.

Choose age-appropriate & quality content ^o

ABC

REFERENCES

1. Research Spotlight: Study Finds Children Log Excessive Screen-Time. University at Albany. Published 2024.
<https://www.albany.edu/cihs/news/2019-research-spotlight-study-finds-children-log-excessive-screen-time>
2. Health AA, Staff health enews. Are kids spending less time outside than prisoners? | health enews. health enews. Published April 8, 2016. Accessed April 22, 2025. <https://www.ahchealthenews.com/2016/04/08/kids-spending-less-time-outside-prisoners/>
3. Madigan S, Eirich R, Pador P, McArthur BA, Neville RD. Assessment of Changes in Child and Adolescent Screen Time During the COVID-19 Pandemic: A Systematic Review and Meta-analysis. *JAMA Pediatrics*. 2022;176(12). doi:<https://doi.org/10.1001/jamapediatrics.2022.4116>
4. Lund L, Sølvhøj IN, Danielsen D, Andersen S. Electronic media use and sleep in children and adolescents in western countries: a systematic review. *BMC Public Health*. 2021;21(1). doi:<https://doi.org/10.1186/s12889-021-11640-9>
5. Takahashi I, Obara T, Ishikuro M, et al. Screen Time at Age 1 Year and Communication and Problem-Solving Developmental Delay at 2 and 4 Years. *JAMA Pediatrics*. 2023;177(10). doi:<https://doi.org/10.1001/jamapediatrics.2023.3057>
6. Kaneshiro N. Screen time and children: MedlinePlus Medical Encyclopedia. Medlineplus.gov. Published May 24, 2021.
<https://medlineplus.gov/ency/patientinstructions/000355.htm>
7. AACAP. Screen Time and Children. Aacap.org. Published May 2024.
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx
8. Mayo Clinic Staff. Screen time and children: How to guide your child. Mayo Clinic. Published June 19, 2024. <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>
9. Strategies for Teaching Data Literacy. UCB-UMT. Published December 13, 2021. <https://ischoolonline.berkeley.edu/blog/strategies-teaching-data-literacy/>