Everything You Need to Know About Screens 0-5 Participant Guide

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Time

American Academy of Pediatrics:

- 0-18 months: no screens
- 18-24 months: no solo media use
- 2-5 years old: one hour or less per day of “high quality” programming

The World Health Organization:

- 0-24 months: no screens
- 2-4 years old: 1 hour per day (“less is better”)

Strategies

- Pack **your bag**: What off screen activities will you always carry?
- Proactively know your **high quality content**: What programming aligns with your values?
- Set up **parent controls**: Before your child begins using screens, consider what will be accessible.

Screentime Battle Busters

- Offer concrete choices
- Practice putting screens away
- Use visual timers
- Empower yourself with phrases: “Can you push pause?” “In five minutes we’re putting screens away”
- Stick to the time, but validate the feelings: “I know it’s hard to stop something that’s fun. We’re going to put the iPad away, but it sounds like you want to return to this tomorrow.”
- Use positive reinforcement for behaviors you want to continue: “I know that was hard to end that game! Thank you for transitioning from activities so calmly!”

Parenting Practices

- Avoid techno panic
- Don’t share your devices; get your child their own tablet
- Use parent controls
- Choose the content: avoid infinite scroll and autoplay
- Practice putting screens down (no really, practice)
- Calibrate with parenting partners on approaches
- Never use screens as a pacifier
- Keep phones out of parent bedroom
- Show your child what you do on your phone

- Speak your actions out loud “I’m looking up a recipe”
- Get consent before #sharenting images of your child on social media

Next Steps:

- Have a conversation with parenting partners about a next step to try
- Plan for what is going to be in your “go bag”
- Ask friends for their best content recommendations