

Build Healthy Screen Time Habits

A GUIDE FOR PARENTS & CAREGIVERS



Technology can be a wonderful tool for learning, creativity, and staying connected. At the same time, too much screen time can affect sleep, physical activity, attention, and family relationships. Creating healthy habits early helps children learn to use technology safely and responsibly.

HEALTHY SCREEN TIME TIPS



CREATE SCREEN-FREE ROUTINES

- Keep meals, homework time, and bedtime screen-free.
- Charge devices outside of bedrooms overnight.
- Plan regular family activities without screens.



SET CLEAR EXPECTATIONS

- Decide together when, where, and how long screens can be used.
- Be consistent with family rules.
- Explain why limits are important.



CHOOSE QUALITY OVER QUANTITY

- Encourage educational apps, reading, creativity, and problem-solving games.
- Watch or play together when possible and talk about what your child is seeing.



BALANCE THE DAY

Aim for a healthy mix of:



BE A ROLE MODEL

Children learn from what they see. Show healthy technology habits by putting your own devices away during conversations, meals, and family activities.

USING GOOGLE FAMILY LINK™



Google Family Link is a free app that helps parents guide their child's digital experience on Android devices and Chromebooks.

FAMILY LINK ALLOWS YOU TO:

- Set daily screen time limits
- Lock your child's device when it's time for a break
- Approve or block app downloads
- View app activity
- Set bedtime schedules
- Help locate your child's device (when location services are enabled)

Learn more and download the app:
families.google.com/familylink

Google Family Link



KEEP THE CONVERSATION GOING

Ask your child questions like:

What was your favorite thing you watched or played today?

Did anything online make you feel uncomfortable?

What did you learn today using technology?

What is something fun we can do together without screens?

Open conversations help children build confidence and make safe choices online.



HEALTHY TECHNOLOGY STARTS AT HOME

Small, consistent habits make a big difference. Every family is different—find routines that work best for yours and revisit them as your child grows.



HELPFUL RESOURCES

Find age-based reviews, parent tips, and family guides.
www.commonsensemedia.org



RECOMMENDED SCREEN TIME FOR ELEMENTARY AGED CHILDREN

KINDERGARTEN 0–1 HOUR per day High-quality content with adult supervision.	1ST GRADE 1 HOUR per day High-quality content with adult supervision.	2ND GRADE 1–1.5 HOURS per day Balance screen time with physical activity and play.	3RD GRADE 1.5–2 HOURS per day Balance screen time with physical activity and play.	4TH GRADE 2 HOURS per day Balance screen time with physical activity and play.
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These are general guidelines. Every child is different. Focus on quality content, consistent limits, and open communication.

Source: American Academy of Pediatrics