

Pediatric recommendations for the use of technology

Age Group:	Maximal Recommended hours for the screen time per day:	Notes:
Infants (less than 1 year)	no screen time	Avoid use of screen media other than video-chatting.
1-2 years	1 hour	Parents who want to introduce digital media should choose high-quality programming and watch it with their children to help them understand what they're seeing.
3-5 years	1 hour	Limit screen use to one hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
6+ years		Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity, and other behaviors essential to health.