



STRATEGIES FOR SCREEN TIME BALANCE



INFANTS / TODDLERS

The American Academy of Pediatrics (AAP) recommends keeping all screens off around babies and toddlers younger than 18 months. They say a little screen time can be okay for older toddlers. Children 2 years and older should get no more than an hour of screen time per day.



PRESCHOOL

Keep devices out of reach. Use a timer when a device is in use. Designate and limit certain times. Have the child place the device in the Screen Time bucket when finished. Encourage self-play with creativity such as Legos, crafts, drawing, outside play, play-dough, sand, etc.



ELEMENTARY / MIDDLE SCHOOL

Implement no phone zones and days, and earned time. Begin to designate times and days of use. Use screen time as an incentive for behaviors; homework, chores/responsibilities, and restricting the device as a negative consequence. Create an incentive form as a visual to build digital time allowance. Get the Screen Time Labs app and utilize the Screen Time bucket. Do not allow them to be isolated with the device in their bedroom or take the device to bed.

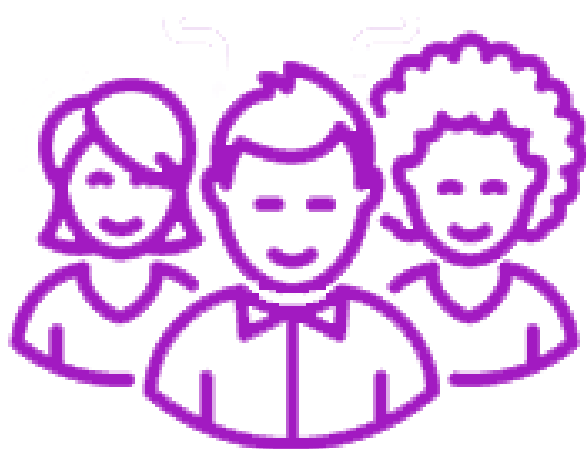


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H I G H S C H O O L

Model good digital behavior, continue digital strategies and continue to be vigilant. No isolation behaviors in bedrooms, at dinner, or family time, and etc. Use Screen Time Labs app, Covenant Eyes app, and/or Webwatcher app.



A D U L T S / V I S I T O R S / F R I E N D S

Communicate your digital device boundaries for your home and family when others are in your home for your visitors to follow.



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