

It Takes 2 to Tune In



The American Academy of Pediatrics developed new recommendations to help parents and caregivers manage technology in their children's lives. It is still important to **limit nonproductive screen time and break up time spent sitting** during productive time in front of screens, no matter your age.

Since face-to-face interactions promote language development most effectively, the Academy recommends co-viewing with infants and toddlers.



Children over the age of 2 will engage in screen time as fully as they do any other activity. And, like any other activity, it can have its positive and negative effects. So, parents and caregivers should **set limits around screen time** and be involved in children's media use, just as they do with other activities.

We should become role models for children, demonstrating the value of productive time spent away from screens. When children practice away-from-screen activities, they have more fun and learn more about **navigating in the real world.**



The AAP states that the **quality of the content is more important than the device or hours of screen time.** Rather than just setting a limit of how much screen time children can have, participate with children around recreational screen time.

Sources:

Brown, A., Shifrin, D. L., & Hill, D. L. (2015). Beyond 'turn it off': How to advise families on media use. *AAP News*, 36(10), 54-54.
Council on Communications and the Media. (2011). Policy Statement: Children, Adolescents, Obesity, and the Media. *Pediatrics*, 128(1), 201-208.