

DIGITAL WELLNESS

Navigating Screen Time

As parents, we want the best for our children—healthy bodies, strong minds, and meaningful relationships. Yet with screens available 24/7, it’s becoming harder to protect the time kids need for sleep, outdoor play, family connection, and emotional growth. Setting screen time limits isn’t about being strict or controlling—it’s about creating healthy boundaries that help children develop self-regulation, focus, and balance. When we guide how and when technology is used, we give our kids the foundation they need to succeed both online and in real life.

Age	Recommendation
0–18 months	• No screen time, except video chatting with family • Focus on real-world interaction, talking, and play
18–24 months	• If screens are introduced: ◦ High-quality educational content only ◦ Watch together with an adult (co-viewing)
2–5 years	• Limit to 1 hour per day • Choose educational, age-appropriate content • Co-view when possible and discuss what they see
6–12 years	1–2 hours per day of recreational screen time Prioritize: • Sleep (9–12 hours) • Physical activity (at least 60 minutes daily) • Homework and offline play first
Teens (13–18 years)	No strict hour limit, but recommended guidelines include: • Balanced daily use • No screens during meals • No screens 1 hour before bedtime • Devices charged outside the bedroom at night