

Be In Touch Screen Time Guidelines



AGE (years)	MAX SCREENTIME*	IMPACT	DIGITAL PARENTING TIPS
0-2	0 hours/day	<p>Impaired ability to focus.</p> <p>Missed developmental opportunities.</p> <p>Underdeveloped fine motor control.</p> <p>Delayed language development.</p>	No screens for babies and toddlers, except video calls.
2-5	1 hour/day	<p>Impaired eyesight.</p> <p>Impaired body control.</p> <p>Instantaneous feedback expectations,</p> <p>Delayed language use and cognitive ability,</p>	All screen interactions should be chosen with a parent.
5-10	2 hours/day	<p>Underdeveloped emotional impulse control.</p> <p>Social anxiety.</p> <p>Obsessive concern with games / videos.</p> <p>Impaired memory development.</p>	<p>No gaming during the week.</p> <p>No personal digital device.</p> <p>20-20-20 rule: every 20 mins of screen time, break and focus on an object 20 feet away for 20 seconds.</p>
10-14	2,5 hours /day	<p>Impaired reward circuitry in brain.</p> <p>Lack of self-control.</p> <p>Inability to read social cues.</p> <p>Lack of enthusiasm.</p> <p>Withdrawing from socialising.</p>	<p>Devices should be <i>loaned</i> not <i>owned</i> by children.</p> <p>Screen time is a privilege not a right.</p> <p>No devices in rooms or toilets.</p> <p>Set up a phone hotel for playdates.</p> <p>Discuss device use for entertainment vs productivity.</p>
14-18	3 hours/day	<p>Social withdrawal & low self-esteem.</p> <p>Distorted idea of reality.</p> <p>Lack of social intelligence.</p> <p>Inability to complete goals.</p> <p>Prioritisation of online relationships.</p> <p>Poor posture & sleeping habits.</p>	<p>Discuss the need to be aware of:</p> <ul style="list-style-type: none"> • Entertainment vs productivity • Digital fantasy vs reality • Persuasive Technology <p>Make time for outdoor activities, family meals and discussions with your children.</p>