

# Digital age guidelines

AGE (YRS)	MAINSTREAM	SIGNS	IMPACT	OUR RECOMENDED LIMITS	TOP TIPS
0-2	zero	Underdeveloped fine motor control Consistent tantrums for devices	Impaired ability to focus Creates entrenched digital use expectations	<b>No screen time</b>	No screens, apart from video conference calls
2-5	1 hr a day	Impaired language use and cognitive ability	Impaired eyesight Impaired body control Impair cognitive ability Instantaneous feedback expectations	<b>30 min</b>	All screen interactions are with a parent, pausing content to discuss
5-10	2 hrs a day	Obsessive concern with games / videos	Underdeveloped emotional impulse control Social anxiety	<b>30—45 min</b>	No Gaming during the week as this impairs memory development No personal digital device 20-20-20 rule, every 20 mins of screen time, break and focus of an object 20 feet away for 20 seconds
10-14	2,5 hrs a day	Lack of enthusiasm Constant reference to online media Withdrawing from socialising	Impaired reward circuitry in brain Lack of self control Inability to read social cues	<b>45-60 min</b>	Devices are <i>loaned</i> not <i>owned</i> No devices in rooms or toilets Phone dump box for playdates Device use for Productivity vs entertainment Screen time as a privilege vs a right
14-18	3 hrs a day	Inability to control use Prioritisation of online relationships Poor posture Poor sleeping habits	Social withdrawal Low self esteem Distorted idea of reality Lack of social intelligence Inability to complete goal	<b>60 min</b>	1-hour entertainment per day Entertainment vs productivity explained Digital fantasy vs reality explained Persuasive Technology explained Outdoor activities with children