

Be In Touch Screen Time Guidelines

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

*World Health Organisation Guidelines 2019