

## The Use of Screen Technology and Guidelines for Age Groups

According to the English Oxford Dictionary, technology is defined as “the application of scientific knowledge for practical purposes, especially in industry.” Perhaps a more “user friendly” definition could be modern technology is anything with a screen. Modern technology has put a world of information at our fingertips. While technology makes our lives easier in many ways, it has also created brand new kinds of stress on all human beings across the lifespan. Because of this the American Academy of Pediatrics (AAP) has the following guidelines in regards to age and the amount of “screen time”:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

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