

# MEDIA USE GUIDELINES FOR YOUNG CHILDREN



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**American Academy of Pediatrics Recommends the Following Media Use Guidelines for Young Children:**

**Younger than 15 months:**

*Children younger than two learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.*

- Media use should be very limited and only when an adult is standing by to co-view, talk, and teach. For example, video-chatting with family along with parents.

**Age 15-18 months:**

*Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them. However, children 15-18 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.*

- Choose high-quality programming.
- Use media together with your child.
- Avoid solo media use.

**Two to Five Years of Age:**

*At two years of age, many children can understand and learn words from live video-chatting. Young children can listen to or join a conversation with their parents. Children three to five years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.*

- Limit screen use to no more than 1 hour per day.
- Find other activities for your children to do that are healthy for their bodies and minds.
- Choose media that is interactive, non-violent, educational, and prosocial.
- Co-view or co-play with your children.

**For additional information regarding recommendations for screen time and digital media for young children please refer to the American Academy of Pediatrics: [healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx](https://www.healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx)**