

# THE RESEARCH

## on screens



### SO HOW MUCH SCREENTIME IS OK?

When possible, avoid screens before 2 years of age. Limit screens before age 5. In older kids, research is mixed. Attune to your specific child, notice their relationship with screens and trust your gut.



### GO FOR INTERACTIVE SCREENTIME

Choose screens that are more highly interactive: higher quality screen experiences offer richer experiences. Look for back and forth conversations & for opportunities to create, reproduce, and change media & stories.



### MODELING YOUR OWN SCREENTIME

Your own screentime practices significantly impact your children—modeling is even stronger than rules. Noticing why you use screens (social connection?) and when you use screens (stressed or bored?) are important clues to understanding your use... and your children's use.



### CO-VIEWING & CO-PLAYING

Ahead of making judgements about your kids' screentime— whether your child is 3 or 13, we urge you to JOIN them. Watch the shows. Try the games. Suspend judgement and enter your child's virtual world.

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