Screen and Technology Use for Children & Youth

Lakelands Public Health

Manage
Set screen time limits

- Under 2 years old, screen time is not recommended unless video chatting with caring adults
- Ages 2 to 5 years, limit daily screen use to 1 hour or less
- Ages 5 to 17 years, limit daily recreational screen use to 2 hours or less

Monitor
Children and youth need guidance with healthy and safe technology use



- Always be aware of when, why and how technology is used
- Set parental controls to limit content and functions

Model
Children notice how adults use screens

- Prioritize face-to-face relationships and meaningful interaction
- Set devices to do not disturb during family time

Meaningful
Have conversations about the purpose of screen-use

- Make screen time a shared activity by participating with your child
- Choose quality content that focuses on growth, learning and development

Children need face-to-face interactions to build healthy, meaningful relationships.

Start early, start today!

- ✓ Make a Family Screen and Technology Plan
- ✓ Create screen-free zones at home
- ✓ Plan regular screen-free time every day
- ✓ Build a balance of movement, sleep and play into daily routines



SCAN ME!

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