

Healthy Tech Habits FOR YOUNG CHILDREN



Technology can be fun and educational, but it's important to use it wisely. Here's how to help your child develop healthy tech habits:

Set time limits

Let your child enjoy screen time (TV, tablet, etc.) within set limits. Use a timer to help manage time and keep tech in balance with other activities.

Wind down without screens

Avoid screens at least 30 minutes before bed to help your child relax and sleep better.

Mix it up

Balance screen time with activities that build a healthy brain and body, like reading, playing outside, and creative play.

Model good habits

Show your child how to balance screen time with other activities.

EXPERT ADVICE

The American Academy of Pediatrics recommends limiting screen time for children ages 2-5 to **no more than 1 hour per day**. They also suggest:

Be involved

Join your child during screen time to help connect what they see to real life.

Choose high-quality programming

Look for shows and apps that are interactive, educational, nonviolent, and promote positive social skills.

Create a family media plan

Create a media plan by visiting [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan) to set consistent expectations and limits on media use, helping your child balance screen time with other healthy activities.