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For more information,  
contact: Michelle Broxterman  
Family and Child Development Extension Agent, Wildcat Extension District  
[mbroxterman@ksu.edu](mailto:mbroxterman@ksu.edu) (620)724-8233

## Manage Your Child's Screen Time

These days, technology is everywhere. TV's, computers, phones, and other electronic devices are all competing for our kids' attention. As a result, it can be easy for kids and families to engage in too much screen time which can cut into hours that could be better spent engaging in active play, sleeping, and social interaction.

The American Academy of Pediatrics (AAP) recently updated its recommendations for families on managing how kids consume media.

- Babies up to 18 months old – Video chatting. For example, video chatting with a relative who lives far away or a parent who is traveling.
- Toddlers 18 to 24 months old – High-quality programming that children and parents view together.
- Kids 2 to 5 years old - One hour or less of screen time per day, accompanied by a parent.
- Kids ages 6 and up – Parents should set consistent limits on time spent using technology in order to ensure that children are getting enough active play and sleep each day.

One thing you can do for your family is create screen-free zones in your home. Keep screens out of your children's room and make family mealtime a technology-free activity with no phones or TV watching allowed. Most importantly, you can reflect on your own screen time usage. Remember that what you do sends a much more powerful message than what you say.

For more information, visit [healthychildren.org](http://healthychildren.org) or contact Michelle Broxterman, Family and Child Development Extension Agent, [mbroxterman@ksu.edu](mailto:mbroxterman@ksu.edu), (620)724-8233.

Sources:

*"The New Screen Time: Beyond Television and into the Future", Bradford B. Wiles and Laura Schachtner, K-State Research & Extension*

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