

## EverLearn Education Resource Guide: Screen Time and Young Children



### Expert Tips for Educators to Share with Families

*Helping Parents Navigate Screen Time for Healthy Child Development*

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## 1. Recommended Screen Time by Age

- **0-18 months:** No screen time except for video-chatting.
  - **18-24 months:** If introducing media, choose high-quality content and watch together to maximize learning.
  - **2-5 years:** Limit screen time to 1 hour per day of educational, slow-paced content. Always co-view to help children make connections between the content and real-life experiences.
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## 2. Why Screen Time Should Be Limited



Excessive screen time can:

- Impact sleep routines, particularly when screens are used an hour before bed.
  - Hinder social and language development when used without interaction.
  - Reduce time for important hands-on, active, and social play, which is crucial for cognitive and emotional growth.
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## 3. How to Balance Screen Time with Healthy Activities

Encourage families to:

- **Prioritize play:** Promote hands-on activities like drawing, building, or outdoor play.
  - **Model healthy use:** Parents should limit their own screen time during family meals and playtime.
  - **No screens at meals or before bedtime:** Create screen-free zones, especially in the dining room and bedrooms.
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## 4. High-Quality Educational Apps to Recommend

Educators can share these trusted apps with families:

- **PBS Kids:** Educational games and videos for preschoolers. [PBS Kids](#)
  - **Sesame Street:** Interactive content to support early learning. [Sesame Street](#)
  - **Khan Academy Kids:** Fun, free educational content for children aged 2-7. [Khan Academy Kids](#)
  - **ABCmouse:** Comprehensive early learning for ages 2-8. [ABCMouse](#)
  - **Common Sense Media:** Trusted reviews of apps, games, and shows for kids. [Common Sense Media](#)
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## 5. Create a Family Media Use Plan

Help parents develop a media use plan that works for their family's schedule and values.

Use this online tool: [Family Media Use Plan](#)

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## 6. Encourage Conversations Around Media

- Ask parents to talk to their children about what they are watching or playing.
  - Promote co-viewing and co-playing to turn media time into a learning experience.
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### Source:

From the American Academy of Pediatrics | Policy Statement | November 01, 2016

### Media and Young Minds

COUNCIL ON COMMUNICATIONS AND MEDIA; David Hill, MD; Nusheen Ameenuddin, MD; Yolanda (Linda) Reid Chassiakos, MD; Corinn Cross, MD; Jeffrey Hutchinson, MD; Alanna Levine, MD; Rhea Boyd, MD; Robert Mendelson, MD; Megan Moreno, MD; Wendy Sue Swanson, MD  
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