How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not have **any screen time** and that those older than 2 have **no more than** 2 hours a day of quality programming.

**Why is this important?**

TV and other electronic devices can get in the way of learning, exploring, playing, sleeping, and interacting with parents and others, which encourages learning and healthy physical and social development.

**Here are some tips you can use to help your child develop positive screen time habits:**

- Keep screens out of your child’s bedroom.
- Turn off TV and put away handheld devices during meal time.
- Treat screen time as a privilege to be earned—not a right.
- Establish and enforce family viewing rules, like allowing screen time only after chores and homework are complete.
- Make a list of fun activities to do instead of being in front of a screen. Keep books, magazines, and board games easily available.