



## Neuro Emotional Literacy Program

### American Academy of Pediatrics Recommendations: October 2016

- For children younger than 18 months, avoid use of screen media other than video-chatting, (i.e. Facetime, Skype).
- Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs, (i.e. The Adventures of Napkin Man). Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms, kitchen and dining room.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

The **Family Media Use Plan tool** is available on [HealthyChildren.org](http://HealthyChildren.org) at [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan).