



PARENT GUIDE

Screen Time Guide by Age

Parents of children 0–6 Years

Practical, age-based screen time guidance to help parents make confident choices about digital media at home.

0–2 Years

- ☐ Avoid screen time other than occasional video chatting with family
- ☐ Prioritize face-to-face interaction, talking, and play
- ☐ If screens are unavoidable, keep sessions very brief and co-view

2–4 Years

- ☐ Limit screen time to about 1 hour per day of high-quality content
- ☐ Choose slow-paced, age-appropriate programs over fast-cut content
- ☐ Watch together when possible and talk about what's on screen

4–6 Years

- ☐ Keep recreational screen time to around 1 hour on most days
- ☐ Build in regular screen-free blocks for active and imaginative play
- ☐ Set consistent rules about when and where screens are used

General Habits (All Ages)

- ☐ Avoid screens for at least an hour before bedtime
- ☐ Keep mealtimes screen-free as a family habit
- ☐ Model healthy screen habits yourself, since children copy what they see



A NOTE FROM BRAINY INDIGO

Every family's situation is different — these are general guidelines, not strict rules. If you have specific concerns about your child's development, Brainy Indigo's free Child Development Assessment can help.