

SLOW TECH MEDIA DIET FOR CHILDREN

Developed by Diana Graber and Patti Connolly, revised March 2016

“A child's brain develops rapidly...children learn best by interacting with people, not screens.”

- American Academy of Pediatrics

AGE	HOW MUCH SCREEN TIME?	NON-PARTICIPATORY MEDIA	PARTICIPATORY MEDIA					
		Consume non-interactive media (certain TV, DVDs, streaming media)	Participate in video calling (Face Time, Skype, etc.)	Engage in learning and playing with age-appropriate, parent-reviewed apps, non-violent games	Write emails and texts	Use family computer/tablet to read, watch videos, do homework, etc.	Have own smart-phone	Social Media
0-2 yrs.	Extremely limited	None	<u>With</u> parent	No	No	No	No	No
3-6 yrs.	Very limited, active use <u>with</u> parent	Age-appropriate content with parent <i>Fri-Sat.</i>	<u>With</u> parent	Play <u>with</u> parent (Limit to 5 min./day)	To family <u>with</u> parent typing	No	No	No
7-9 yrs.	Limited active use <u>with</u> parent	Age-appropriate content <u>with</u> parent <i>Fri-Sat.</i>	<u>With</u> parent initiating contact	Yes (Limit to 15-30 min./day)	To family <u>with</u> parent typing	<u>With</u> parent	No	No
10-12 yrs.	Gradually increase active use <u>with</u> parent	Age-appropriate content <u>with</u> parent reviewing content <i>Fri-Sat.</i>	<u>With</u> parent initiating contact	Yes (Limit to 30-45 min./day)	To family <u>with</u> parent as child learns to type	Read e-books Research <u>with</u> parent (30 min. limit)	No	Age appropriate social networks
13-14 yrs.	Increase in active use with set agreements and code of conduct with parents	Age appropriate <i>on weekends</i>	With parent aware of who child is communicating with	Yes (Limit to 45-60 min./day)	To family and friends using child-safe app	Read e-books Research for school, complete homework	Yes with clear rules and Co-Pilot app	Age appropriate social networks