

FAMILY MEDIA PLAN (2-5 years)

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SCREEN FREE ZONES

Having areas of your home remain screen-free is important. Select from the list below and add them to your Family Media Plan to make sure your children understand where screens are not allowed. Add any other screen free areas that are specific to your family.

Mobile devices and TVs are not allowed in the following screen-free zones in our home:

- Bedroom
- Kitchen or dining room table
- Stroller
- Other: _____

SCREEN FREE TIMES

We will not use mobile devices or other screens during the following times:

- While walking across the street
- While in the car, except for long trips
- Family time
- Meal times
- One hour before bed
- Other: _____

DEVICES CURFEW: _____ pm	Devices will charge overnight in: <ul style="list-style-type: none"><input type="checkbox"/> Parent's bedroom<input type="checkbox"/> Kitchen<input type="checkbox"/> Other: _____
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When we have screen time we will:

- Watch shows or play video games that have been reviewed and approved for young children by trusted sources such as PBS or Common Sense Media
- Set up limits/digital controls so that children cannot access unsafe content
- NOT spend lots of time watching fast-paced shows or apps with lots of “bells and whistles”
 - These types of shows and apps may affect brain development and make it harder for children to concentrate later in life
- ASK permission before downloading any new apps, movies/shows, or games
- NOT visit new websites without asking permission
- Use media to be creative
- Use media to connect me to others
 - Video chat with friends or relatives

Get enough sleep & exercise by doing the following:

- Get 10-13 hours of sleep
- Go to bed and wake up at approximately the same time each day including weekends
- Avoid food and drinks that have caffeine (soda, chocolate, iced tea...) in the afternoon or evening
- Keep the bedroom cool, dark, and quiet
- Exercise at least 1 hour each day
- Stop using screens (computer, phone, tablet, TV...) one hour before going to bed