



Current Australian Screen-Time Recommendations

Australian Screen Time Guidelines

Screens time encompasses ALL screens that children use including TV, tablets, gaming consoles, computers.

Age Group	Current Recommendation	Former Recommendation (AAAP, up to 2015)
0-2 Year Olds	No screen time	No screen time
2-5 Year Olds	1 hour/day	1 hour/day
5-12 Year Olds	1-2 hours/day	1-2 hours/day

Up until 2015 these were the American Academy of Pediatrics' guidelines too.

Australian Department of Health, 2015

Dr Kristy
drkristygoodwin.com

Source:
Department of





Australian
Health

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/gug-indig-hb~inactivity>



Current American Academy of Pediatrics' Screen-Time Recommendations

Updated Screen-Time Guidelines

 <p>0-18 months</p> <p>// No media use at all, except video-chat technologies</p>	 <p>1.5- 2 year olds</p> <p>// Parental co-viewing and high-quality educational media is strongly encouraged at this age.</p>	 <p>2-5 year olds</p> <p>// Limit media use to no more than one hour per day for pre-schoolers and continue to co-view with your child.</p>
 <p>6 years +</p> <p>// Ensure that media use does not displace essential developmental activities like play, physical activity, social relationships (i.e. time with friends and family) and sleep.</p> <p>// Parents need to take time away from screens and engage in off-screen activities with their child.</p> <p>// Establish tech-free zones and times. No media use one hour before bedtime and during meals (screen dinners) and in the car.</p>		

Dr Kristy
GOODWIN

drkristygoodwin.com

Source:
American

Academy of Paediatrics, revised 2016 (<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>)