1. More, More, More
School-aged children spend more time with electronic media than doing anything else, besides sleep. For adults, using electronic media is the #1 activity.

2. The Bad
Too much exposure to media has small measurable negative effects, especially on sleep and obesity, and smaller risks for serious issues such as addiction. There’s no established safe, or risky, dose.

3. The Good
Media has positive effects too, on reading, school readiness, and 21st century skills. It can be a resource for bonding, creative expression and fun.

4. Start Early
Habits form early. Think about family routines when your child is a toddler.

5. Your Voice Matters
Parental messages about tech make a measurable, positive difference in how your kids interact with screens.

6. Share Screen Time
With young children, treat a cartoon like a picture book - point out objects and name them. For older kids, discuss what’s on screen, play games together and do research online.

7. Guidelines
You may choose to set guidelines by time, occasion, or content. Just avoid arbitrary case-by-case rulings.

8. Warning Signs
Weight gain. Sleeplessness, bedtime & wakeup battles, hyperactivity, irritability, School trouble, Friendship problems. Mood swings, depression, aggression. All are flags to take a screen break.

9. Protect Sleep
No devices up to 1 hour before bedtime. Turn off the tv, don’t make screens part of the bedtime routine, and no devices in the bedroom overnight.

10. No-Screen Space
The whole family needs screen-free times, like family dinner. Managing your own use is crucial to successfully helping your kids self-manage.

For more, read The Art Of Screen Time, by Anya Kamenetz; Anyakamenetz.net