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Screen Time Guidelines That Actually Make Sense

Navigating screen time with your child can feel overwhelming. This guide offers practical strategies to help you make the most out of media while fostering healthy development and minimizing guilt. Focus on quality, context, and balance instead of rigid limits.

A free guide from maternity.app

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Protect "No-Screen" windows by setting clear boundaries.

- **Family meals.** Turn off all devices during family meals to encourage connection.
- **Bedtime.** Keep screens off at least 60 minutes before bedtime for better sleep hygiene.
- **Quiet time.** Designate daily time for screen-free activities to promote creativity.

Prioritize interactive, high-quality content.

- ☐ Turn off all devices during family meals.
- ☐ Keep screens off at least 60 minutes before bedtime.
- ☐ Choose slow-paced, educational programming over fast cartoons.
- ☐ Sit with your child while they watch to discuss the content.
- ☐ Ensure media never replaces physical movement or face-to-face interaction.
- ☐ Encourage independent play away from screens.

Balance is key in your child's media consumption.

TIP FOR HEALTHY SCREEN USE

Focus on what your child is watching and when it's happening to prevent digital media from interfering with critical developmental windows.

Watch for signs of overexposure.

- **Behavioral changes.** Be aware of any severe meltdowns when screens are removed.
- **Health signs.** Keep an eye out for persistent eye strain or headaches.
- **Social skills.** Look for regression in social communication or play activities.

Remember that you're not alone in this. Balancing screen time and quality interaction will help nurture your child's development. Stick to your plan and keep the conversations going!