

Make your own family media use plan. Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep. Make your plan at HealthyChildren.org/MediaUsePlan.

Treat media as you would any other environment in your child's life. The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.

Set limits and encourage playtime. Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children. And—don't forget to join your children in unplugged play whenever possible.

Families who play together, learn together. Family participation is also great for media activities—it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. You will have the opportunity to introduce and share your own life experiences and perspectives—and guidance—as you play the game.

Be a good role model. Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.

Know the value of face-to-face communication. Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development. Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.

Limit digital media for your youngest family members. Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming, and watch it with them so you can help them learn from what they're seeing. See [Healthy Digital Media Use Habits for Babies, Toddlers & Preschoolers](#).

Create tech-free zones. Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help children avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep, all critical for children's wellness.

Don't use technology as an emotional pacifier. Media can be very effective in keeping kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channeling emotions.

Apps for kids – do your homework. More than 80,000 apps are labeled as educational, but little research has demonstrated their actual quality. Products pitched as "interactive" should require more than "pushing and swiping." Look to organizations like Common Sense Media for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.

It's OK for your teen to be online. Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform's privacy settings do not make things actually "private" and that images, thoughts, and behaviors teens share online will instantly become a part of their digital footprint indefinitely. Keep lines of communication open and let them know you're there if they have questions or concerns.

Warn children about the importance of privacy and the dangers of predators and sexting. Teens need to know that once content is shared with others, they will not be able to delete or remove it completely, and includes texting of inappropriate pictures. They may also not know about or choose not to use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.

Remember: Kids will be kids. Kids will make mistakes using media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, bullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children's behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

Media and digital devices are an integral part of our world today. The benefits of these devices, if used moderately and appropriately, can be great. But, research has shown that face-to-face time with family, friends, and teachers plays a pivotal and even more important role in promoting children's learning and healthy development. Keep the face-to-face up front, and don't let it get lost behind a stream of media and tech.

Media Use Plan Tips:

- Screens should be kept out of kids' bedrooms. Put in place a "media curfew" at mealtime and bedtime, putting all devices away or plugging them into a charging station for the night.
- Excessive media use has been associated with obesity, lack of sleep, school problems, aggression and other behavior issues. Limit entertainment screen time to less than one or two hours per day.
- For children under 2, substitute unstructured play and human interaction for screen time. The opportunity to think creatively, problem solve and develop reasoning and motor skills is more valuable for the developing brain than passive media intake.
- Take an active role in your children's media education by co-viewing programs with them and discussing values.
- Look for media choices that are educational, or teach good values -- such as empathy, racial and ethnic tolerance. Choose programming that models good interpersonal skills for children to emulate.
- Be firm about not viewing content that is not age appropriate: sex, drugs, violence, etc. Movie and TV ratings exist for a reason, and online movie reviews also can help parents to stick to their rules.
- The Internet can be a wonderful place for learning. But it also is a place where kids can run into trouble. Keep the computer in a public part of your home, so you can check on what your kids are doing online and how much time they are spending there.
- Discuss with your children that every place they go on the Internet may be "remembered," and comments they make will stay there indefinitely. Impress upon them that they are leaving behind a "digital footprint." They should not take actions online that they would not want to be on the record for a very long time.
- Become familiar with popular social media sites like Facebook, Twitter and Instagram. You may consider having your own profile on the social media sites your children use. By "friending" your kids, you can monitor their online presence. Pre-teens should not have accounts on social media sites. If you have young children, you can create accounts on sites that are designed specifically for kids their age.
- Talk to them about being good "digital citizens," and discuss the serious consequences of online bullying. If your child is the victim of cyberbullying, it is important to take action with the other parents and the school if appropriate. Attend to children's and teens' mental health needs promptly if they are being bullied online, and consider separating them from the social media platforms where bullying occurs.
- Make sure kids of all ages know that it is not appropriate or smart to send or receive pictures of people without clothing, or sexy text messages, no matter whether they are texting friends or strangers.

- Check out a sample "Media Time Family Pledge" for online media use.
- If you're unsure of the quality of the "media diet" in your household, consult with your children's pediatrician on what your kids are viewing, how much time they are spending with media, and privacy and safety issues associated with social media and Internet use.