

# SLOW TECH MEDIA DIET FOR CHILDREN

Developed by Diana Graber and Patti Connolly, revised March 2016

“A child's brain develops rapidly...children learn best by interacting with people, not screens.”

- American Academy of Pediatrics

| AGE        | HOW MUCH SCREEN TIME?   | NON-PARTICIPATORY MEDIA  | PARTICIPATORY MEDIA                                   |  |  |   |                                       |                                 |
|------------|---|--|---|--|--|---|---------------------------------------|---------------------------------|
|            |   |  | Participate in video calling (Face Time, Skype, etc.) | Engage in learning and playing with age-appropriate, parent-reviewed apps, non-violent games | Write emails and texts                               | Use family computer/tablet to read, watch videos, do homework, etc. | Have own smart-phone                  | Social Media                    |
| 0-2 yrs.   | Extremely limited   | None   | <u>With</u> parent                                    | No   | No   | No  | No                                    | No                              |
| 3-6 yrs.   | Very limited, active use <u>with</u> parent                                 | Age-appropriate content with parent <i>Fri-Sat.</i>                          | <u>With</u> parent                                    | Play <u>with</u> parent (Limit to 5 min./day)  | To family <u>with</u> parent typing                  | No  | No                                    | No                              |
| 7-9 yrs.   | Limited active use <u>with</u> parent                                       | Age-appropriate content <u>with</u> parent <i>Fri-Sat.</i>                   | <u>With</u> parent initiating contact                 | Yes (Limit to 15-30 min./day)  | To family <u>with</u> parent typing                  | <u>With</u> parent  | No                                    | No                              |
| 10-12 yrs. | Gradually increase active use <u>with</u> parent                            | Age-appropriate content <u>with</u> parent reviewing content <i>Fri-Sat.</i> | <u>With</u> parent initiating contact                 | Yes (Limit to 30-45 min./day)  | To family <u>with</u> parent as child learns to type | Read e-books<br>Research <u>with</u> parent (30 min. limit)         | No                                    | Age appropriate social networks |
| 13-14 yrs. | Increase in active use with set agreements and code of conduct with parents | Age appropriate <i>on weekends</i>   | With parent aware of who child is communicating with  | Yes (Limit to 45-60 min./day)  | To family and friends using child-safe app           | Read e-books<br>Research for school, complete homework              | Yes with clear rules and Co-Pilot app | Age appropriate social networks |