

Tech Tips & More

Tech Tips for Grown-Ups (check all that apply)

- Co-view and Co-play—talk with your child, watch, listen and play along
- Choose media that matches your child’s interests, and is age-appropriate
- Be a role model by limiting your own media usage.
- Stick to our _____ Family Screen Time Plan!
- _____

Tech Tips for Kids (check all that apply)

- Ask your grown-up before using a new app, or visiting a new website.
- Use media to be creative!
- Don’t download apps, movies or games without permission.
- Ask your grown-up for fun educational apps, games and shows.
- _____

We will turn off our screens when: (check all that apply)

- It’s time to do something else—like eat dinner, or go to school.
- The timer goes off.
- It’s screentime bedtime.
- Our grown-up need the device for something important.
- We’d rather do something else, like play, read, draw, or talk!
- _____

Where will your devices charge overnight: _____

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Resources for Parents and Caregivers:

App Reviews and Recommendations: commonsensemedia.org
AAP Screen Time Recommendations: bklynlib.org/AAPscreentime
BPL Tech Tips & Programs for Little Kids: bklynlib.org/littlekidsmedia

Inspired by the American Academy of Pediatrics Family Media Plan questionnaire available at healthychildren.org



FAMILY NAME

Family Screen Time Plan

GROWN-UP NAMES

KIDS NAMES AND AGES

Create a family screen time use plan that works for you! Work on this guide together to set guidelines for using all kinds of digital media with children ages 0-5 at home. When you are done, hang it in a place that is visible to everyone, like the fridge, or bulletin board. **Let’s get started!**



Set Daily Screen Time Limits!

Common Sense Screen Time Recommendations:

- **Younger than 18 Months:** Avoid use except for video chat with family, sharing photos, listening to music and e-books.
- **2-5 Years:** Limit to one hour per day of high quality, age-appropriate content.
- **6 and older:** Balance screen use with reading, hobbies and being with friends and family, ensuring screen time does not interfere with sleep, physical activity, and other healthy behaviors.

Weekday Screen Times

Keep in mind the Screen Time Recommendations, and pick a time limit that works for you and your child(ren).

_____ can use digital devices for _____ hours/min

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_____ can use digital devices for _____ hours/min

Weekend Screen Times

Keep in mind the Screen Time Recommendations, and pick a time limit that works for you and your child(ren).

_____ can use digital devices for _____ hours/min

_____ can use digital devices for _____ hours/min

_____ can use digital devices for _____ hours/min

_____ can use digital devices for _____ hours/min

Set up Screen Free Times & Zones!

Screen-Free Zones (check all that apply)

- Bedrooms
- Kitchen and/or Dining Table
- Stroller
- _____
- _____

Use the blank spaces to fill in your own ideas!

Screen-Free Times (check all that apply)

- In the car, bus, or subway
- Together Time (family centered activities)
- One hour before bed
- Meal Times
- _____
- _____

