Today’s piece was prepared by Abie Odejimi, MD based on a CNN article, [New Screen Time Rules For Kids, By Doctors](http://www.cnn.com/2016/10/21/health/screen-time-media-rules-children-aap/index.html).

In October 2016 the AAP announced new guidelines for digital media exposure for all age groups. Previous guidelines recommended less than 2 hours of screen time for all children over 2. However given the ever increasing amount of digital media that children are exposed to, these prior guidelines were quickly becoming outdated and difficult to employ.

Dr. Yolanda Reid Chassiakos, author of the Children and Adolescents and Digital Media

Technical Report remarks “It doesn’t make sense to make a blanket statement [of two hours] of screen time anymore. For some children, two hours may be too much.” Although defining screen time is challenging, the AAP states that these recommendations apply to time spent using digital media for entertainment purposes, as opposed to educational reasons or to provide means for social interactions with loved ones.

The new 2016 guidelines details that children 2 to 5 should be exposed to less than 1 hour of

screen time a day. For children age 6 and older, parents should use the idea of “productive time” to

restrict the amount and content of digital media. The idea of productive time maintains that in addition to

the quantity of time, parents should key into the quality of the content their children are exposed to and

should limit content accordingly. Of note, because children under the age of 18 months remain vulnerable

to overstimulation by lights and sounds and are at risk for impaired parent-child bonding, they should

have minimal exposure to any digital media. Overall parents can play the part of a “media mentor” to

model how to best use digital media to create, connect and learn.

As regards readability, the article was written in a manner that would be approachable for most parents.

The author was able to present facts about these guidelines in a balanced and accurate way. The content

was appropriately comprehensive without being overly cumbersome. There appeared to be minimal

opinion statements from the journalist and did not seem to be misleading. Overall, this article was well

written and I believe many families will benefit from their tips for healthy digital media use.

**RESOURCES ON SCREEN TIME**

[Create your own Family Media Plan](https://www.healthychildren.org/English/media/Pages/default.aspx#wizard) and [Media education for parents](https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx) *Healthy Children*

[Guidance on age appropriate media](https://www.commonsensemedia.org/)*Common Sense Media*

[Educational digital content for all ages](http://www.pbs.org/parents/childrenandmedia/) *PBS*

And that’s today’s DBP In the News!