Today’s piece was prepared by Julia Bensimon, MD, based on a NY Times article [Agonizing Over Screen Time? Follow the Three C’s](https://www.nytimes.com/2020/04/13/parenting/manage-screen-time-coronavirus.html?action=click&module=RelatedLinks&pgtype=Article)

This article discusses the increased screen time of children during the COVID pandemic and its potential impact. The authors argue that the term “screen time” itself is problematic given that not all screen time is the same. They urge parents not to feel guilty about increased screen time during this difficult time, especially if a portion of that time is spent doing schoolwork or Skyping with a loved one. This sentiment is reflected in a new statement published by the AAP that acknowledges kids’ screen time will likely increase during the pandemic but does not provide new guidelines for specific time limits. Rather the emphasis is that limits are important and urges parents to preserve offline experiences. Given that there are no concrete recommendations, the authors suggest using the “Three C’s” framework: child, content and context.  Parents know their children best and should use their judgment. They provide suggestions for high-quality content (PBS kids, Common Sense Media). For context, the authors recommend parents take an interest in what their children are watching and engage with them about the content. The article ends by recommending that boundaries are established and clearly communicated.

This article uses an approachable tone and is candid about the difficulty of adhering to prescriptive recommendations. They offer evidence-based information while being flexible about how it applies in our current reality. They also offer some practical suggestions for how to make the most of children’s media use. For example, they recommend live camera streams from zoos and aquariums, as this type of media is more similar to real life and is less likely to lead to overstimulation. The authors also suggest translating your child’s media use into real life experiences. For example watching a cooking video and then cooking whatever was featured as a family.

**RESOURCES FOR CAREGIVERS AND PROVIDERS ON MEDIA:**

[Children and Media: Tips](https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx) *American Academy of Pediatrics; Guide for parents*

[Finding Ways to Keep Children Occupied During These Challenging Times](https://services.aap.org/en/news-room/news-releases/aap/2020/aap-finding-ways-to-keep-children-occupied-during-these-challenging-times/) *Suggestions from the American Academy of Pediatrics on COVID-19-era activities and approaches*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!