Today’s piece was prepared by Amin Bemanian, MD, PhD, based on a Seattle Times article [Seattle-area parents want rules about screen time, but experts say off-screen interactions matter more](https://www.seattletimes.com/education-lab/parents-want-rules-about-screen-time-pediatricians-say-off-screen-interactions-matter-more/).

The story focuses on the family of a mother and her seven children trying to adapt to virtual learning in the time of COVID-19. The mother has difficulty managing the computer-based learning schedule. Furthermore, the internet hotspot provided by their school district was not suitable for providing a good enough connection to keep the children online during the school day. The mother was concerned about the amount of screen time her children were receiving, and ultimately decided to remove her children from their schools. The rest of the article discusses how pediatricians and researchers were reconciling the standard AAP guidelines for screen-time with the realities of COVID-19.

The article does a good job of interviewing multiple pediatricians and researchers and trying to explain some of the nuances regarding screen time. It explains how the differences based on the kinds of activities kids are using their screens for, and it provides links to resources parents can use to help guide them.

It was interesting that the journalist chose only to focus on screen time instead of some of the other challenges with virtual learning (need for parental supervision, disparities in internet access), especially given the family the story focused on ended up pulling their children from online school.

**RESOURCES ON SCREENTIME & MEDIA:**

[Including media usage in anticipatory guidance](https://brightfutures.aap.org/Bright%20Futures%20Documents/Anticipatory%20Guidance.pdf) *AAP Bright Futures Handbook – Children, Adolescents, and Media (****page 5****)*
[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/) *AAP Statement on Screen Time in March 2020 – Provides tips for families on how to balance screen time with pressures of quarantine*

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