

WHAT IS A FAMILY MEDIA USE PLAN?

A Family Media Use Plan helps parents balance their children's online and off-line lives. Because every family is different, the American Academy of Pediatrics has a new tool to help you create a personalized plan that works within your family's values and busy lifestyles.



Younger Than 1½ to 2 Years

Avoid media use
(except video chatting).

Preschoolers

No more than 1 hour
per day of high-quality
programming

Grade-schoolers & Teens

Don't let media displace other important activities.

- 1 hour of exercise daily
- Family meals
- A full night's sleep
- "Unplugged" downtime

All Ages

Co-view media with your kids
(enjoy it with them) to help them
learn from what they are doing,
seeing, and saying online.

Be their media mentor!

Create your family's plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan).

By creating a Family Media Use Plan, parents can help children and teens balance their media use with other healthy activities.



Learn more and create a personalized Family Media Use Plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan).

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

© 2016 American Academy of Pediatrics. All rights reserved.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®



[healthychildren.org](https://www.healthychildren.org)

Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics