



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Screen-Free Week can help you launch healthy media habits for the rest of the year! The American Academy of Pediatrics (AAP) and the Campaign for Commercial-Free Childhood (CCFC) are working together to help you and your family learn about how you can make good media choices to promote health and wellness.

During Screen-Free Week

Visit www.screenfree.org for free downloadable resources, including pledge cards and certificates of achievement. Find ideas and activities that make participating easy and fun, like:

- **Attend local events.** Screen-Free Week is celebrated around the country. Don't see an event near you? It's not too late to organize one!
- **Focus on non-screen, creative, healthy, and fun activities**, like reading, playing outdoors, board games, or arts and crafts.
- **Eliminate entertainment screens** and watch how family members interact more, laugh more, and become more engaged with life around them.

After Screen-Free Week

It's hard for parents to know when to allow screen media use and how much of it is healthy and safe. The AAP has reviewed research about media use and has offered some guidelines that can be adapted for each of your children:

- **Children younger than 1 1/2 to 2 years:** avoid media use (except for video chatting with family and loved ones).
- **Preschool children:** no more than 1 hour per day of high-quality programming such as Sesame Street.
- **Grade-schoolers and teens:** don't let media displace other important activities. Make sure they get at least 1 hour of exercise daily, media-free meals, "unplugged" down-time, and a full night's sleep.
- **Be your children's media mentor:** Co-view media with your kids (enjoy using media with them, playing, sharing, and teaching), and model healthy screen-use habits yourself.

Use the AAP's [Family Media Plan](#) to create family guidelines that work for the ages, activities, and schedules of your family members, and support healthy sleep, physical activity, and family interaction. The Media Use Plan helps the whole family create screen-free zones in your home and screen-free times together as a family.

Let Screen-Free Week inspire other screen-free activities year round – for example, your family can try media-free meals, a screen-free day each week, or a screen-free school vacation.

Making the effort to guide kids of all ages to balance media use and maintain healthy habits can promote wellness for a lifetime. Trying one tip at a time can get you and your family started on the road to better health. Learn more at [Campaign for Commercial Free Childhood](#) and at HealthyChildren.org.