

A man and a young girl are sitting together, looking at a tablet. The man is on the left, wearing a white long-sleeved shirt, and the girl is on the right, wearing a light-colored sweater. They are both smiling and looking at the tablet. The background is a soft, out-of-focus indoor setting.

Healthy Screen Time Guide for Kids and Teens

Simple tips for balancing tech use, encouraging digital breaks, and building healthy habits at home.

How much screen time is healthy for kids and teens?



Focus on Quality

What your child is doing online matters more than how long they spend.



Beneficial Content

Educational, creative, or interactive screen time offers more value than passive scrolling.



Maintain Balance

Ensure screen use doesn't replace sleep, physical activity, or face-to-face interaction.

How can I help my child take a break from social media?

Start Small

Begin with short breaks or app-free weekends to ease the transition.

Encourage Alternatives

Promote hobbies or activities that don't involve screens.

Communicate Benefits

Discuss advantages of taking breaks, such as better sleep and reduced stress.

Family Challenge

Try unplugging together as a family to model healthy habits.

What are the best educational screen time options?

Creative Tools

Explore platforms like Canva, Google Arts & Culture, or interactive learning apps that encourage creativity and skill development.

Quality Content

Use educational streaming content such as documentaries or well-being apps that provide valuable information.

Hands-On Learning

Try platforms and creative design tools that promote learning by doing rather than passive consumption.

How do I manage screen time without constant arguments?

Collaborative Approach

Set clear, consistent screen time rules as a family and involve your child in setting limits to encourage cooperation.

Schedule tech-free times during meals and at least 1 hour before bed to establish healthy boundaries.

Sleep-Friendly Habits

Turn off screens at least 1 hour before bedtime and use night mode or blue light filters in the evening.

Keep devices out of bedrooms overnight and encourage calming offline activities like reading or journaling for better sleep.