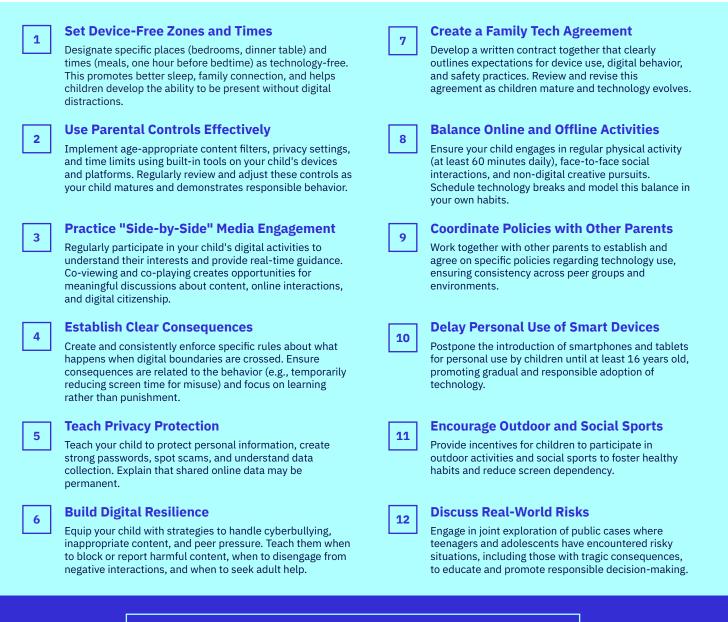


Recommendations for Parents and Caretakers

Technology offers extraordinary opportunities for our youth, but navigating the digital world is a complex task that children cannot handle alone. Pediatricians and medical professionals recommend that children aged 0 to 6 have no screen exposure, except in specific cases under adult supervision. For children aged 7 to 12, less than one hour per day is advised, including schoolwork, with clear limits on time and

content. For teenagers aged 13 to 16, no more than two hours daily is recommended, prioritizing offline activities and delaying access to internet-connected smartphones.

The following recommendations provide clear, actionable guidance for parents and caregivers to help youth safely navigate digital spaces while developing healthy technology habits.



CLICK HERE TO CREATE A RESPONSIBLE DIGITAL FAMILY USAGE PLAN

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