

Slow Tech Media Diet For Children

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AGE	HOW MUCH SCREEN TIME?	PARTICIPATORY MEDIA					PASSIVE MEDIA
		Participate in video calling (Face Time, Skype, etc.)	Engage in learning and playing with age-appropriate, parent-reviewed apps, non-violent games	Write emails and texts and social media	Use family computer/tablet to read, watch videos, do homework, etc.	Have own smart-phone	
0-2 yrs.	Very little	<u>With</u> parent	No	No	No	No	None
3-6 yrs.	Very little, active use <u>with</u> parent	<u>With</u> parent	Play <u>with</u> parent Limit to 5 min./day	Email only to family <u>with</u> parent typing	No	No	None to educational content <u>with</u> parent Fri-Sat.
7-9 yrs.	Slightly more active use <u>with</u> parent	<u>With</u> parent initiating contact	Play <u>with</u> parent most of the time Limit to 15-30 min./day	Same as 3-6 yrs.	<u>With</u> parent	No	Educational content <u>with</u> parent Fri-Sat.
10-12 yrs.	Gradually increase active use, most <u>with</u> parent	<u>With</u> parent initiating contact	Yes Limit to 30-45 min./day	Email <u>with</u> parent until child can type Age- appropriate social networks	Read e-books Research <u>with</u> parent (30 min. limit)	No	Educational content <u>with</u> parent reviewing content Fri-Sat.
13-14 yrs.	Increase in active use with set agreements created with parents	With parent aware of who child is communicating with	Yes Limit to 30-45 min./day	Email using child-safe app Age- appropriate social networks	Read e-books Research for school, complete homework	Possibly with clear rules and Co-Pilot app	Age appropriate on weekends