

## Not All Screen Time is Created Equally

The phrase “screen time” can be a little misleading. When we hear it, we automatically think we should be monitoring our kids’ **time** on devices above and beyond anything else.

But experts say that the **QUALITY** of digital activities is much more important than the **QUANTITY** of screen time when it comes to our children’s technology use. Encourage your child to use apps, websites, and engage in activities that require their **brain** to be **actively engaged** instead of **passively entertained**.

<b>ACTIVE Screen Time</b>	<b>PASSIVE Screen Time</b>
Creating worlds in Minecraft or Roblox	Scrolling social media
Building a webpage	Watching YouTube or TikTok Videos
Editing video, audio, or images	Playing mindless games
Communicating and collaborating with others	Watching television

Even when focused on the **QUALITY** of screen time over the **QUANTITY** though, the American Academy of Pediatrics recommends a [few additional guidelines](#) to consider:

- Keep devices out of children’s bedrooms at bedtime.
- Avoid screens for one hour before bedtime
- Ensure children are getting eight hours of sleep and one hour of physical activity each day
- Help children prioritize their time to reach their academic, social, and health goals. The [media time calculator](#) from the American Academy of Pediatrics can help!

Regardless of your rules around screen time and screen activities, the best way to support your child is to experience media alongside them. Engage your child in open dialogue about what you see, ask them questions about their experiences, and even encourage them to teach you a thing or two about their favorite games, apps, and activities.