

# Screen Time Guidelines to hang on Your Refrigerator

## Setting Limits on Digital Play

Screen time limits will vary from family to family. The below guidelines may be adjusted based on your child's individual needs and abilities. It's also important to understand that there is no real harm in relaxing limits for any number of reasons, including holidays, sick/snow days, and long trips and waits. Please feel free to print this one page guideline and hang on your refrigerator and share with other parents or educators.

[Download \(PDF, 678KB\)](#)