

Recommended Guidelines

for limiting screen time* and increasing physical activity in child care

Infants and toddlers up to 24 months:

No screen time.

Children 24 months and older attending a program for four or more hours a day:

One hour or less per day of screen time.

At least 60 minutes of physical activity per day.

At least 30 of the 60 minutes should be structured and guided physical activity.

Screen time may be extended for special occasions:

Current events, holidays or birthday celebrations.

Screen time programs should be educational and age-appropriate.

An alternate activity should be provided during screen time.

Computer use:

Children should be limited to 15 minute increments except for school-age children completing homework assignments.

Staff should interact with infants providing the following opportunities throughout the day:

Frequent stimulation by holding, rocking, playing and talking with the infant.

Opportunity for freedom of movement by limiting time spent while awake in confining equipment such as a crib, infant seat, swing, high chair or playpen.

* Screen time is defined as TV/DVD/video viewing



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