



A Family Guide to Healthy Screen Time Habits for K-8 Kids

In today's digital world, screens are everywhere—from tablets and smart phones to laptops and gaming consoles. But not all screen time is created equal. Use these strategies to encourage responsible use of electronic devices for your child.

For Elementary School Students

Young children often engage with screens for entertainment or early learning. Tablets are especially common, with over half of children owning one by age four. While these devices can support learning, they also pose risks when used excessively or without supervision.

Set clear boundaries: Limit screen time to 1–2 hours a day, focusing on high-quality, ad-free content like educational games or logic puzzles.

Co-view and co-play: Engage with your child during screen time. Watching videos or playing games together helps you monitor content and build connection.

Use parental controls: Enable filters and time limits on devices to ensure age-appropriate use.

Find balance: Encourage play, reading, and outdoor time to support healthy development.

Model healthy habits: Children mimic adult behavior. Show them how to use screens thoughtfully and take breaks.



For Middle School Students

In middle school, screen use expands to include social media and texting.

Create a family tech agreement: Outline expectations for screen use, including time limits and device-free zones.

Discuss digital citizenship: Teach about online safety, respectful communication, and the impact of their digital footprint.

Monitor social media use: Encourage open conversations about what they see and share online. Use tools to track usage and set boundaries.

Support academic screen time: Edtech has value when used intentionally. Ask teachers how technology supports learning and reinforce those practices at home.

Encourage mindful entertainment: Help students choose enriching content—like documentaries or creative apps—over passive scrolling or ad-heavy games.