

"A child's brain develops rapidly...children learn best by interacting with people, not screens." American Academy of Pediatrics

Grade	Age	How Much Screen Time?	Non-Participatory Media	Participatory Media					
			<i>Consume non-interactive media (certain TV, DVDs, Steaming audio & media)</i>	<i>Participate in video calling (Zoom, Facetime, Skype etc.)</i>	<i>Play educational apps (Codecademy, typing instruction, non-violent games)</i>	<i>Write emails and texts</i>	<i>Use family computer/tablet to read, watch videos, do homework, etc.</i>	<i>Have own smartphone</i>	<i>Social Media</i>
Early Childhood	0-6 yrs.	Strongly not recommended	Not recommended	With parent	Not recommended				
Grades 1-4	7-9 yrs.	Limited, on non-school days and weekends. Co-view with parent	Limited (<2 hr./week) Age-appropriate viewing with parent non-school days/nights	With parent initiating contact	Not recommended	To family with parent as child learns to type	Not recommend	Not recommended	Not recommended
Grades 5-6	10-12 yrs.	Gradually increase, on non-school days and weekends. Co-view with parent	(<3 hr./week) Age-appropriate content with parent reviewing content, non-school days/nights	With parent initiating contact	Play with parent on weekends (30 min. limit/ weekend)	Limited with parent, as child improves typing	Read e-books; Research with parent (30 min. limit); Parental controls active on internet	Not recommended. Voice or text-only phone possibly, w/ parent supervision	Not recommended- wait until 8th!
Grades 7-8	13-14 yrs.	Increase with limits and agreements.	(<5 hr.week) Age-appropriate on non-school days/nights	With parent aware of whom child is communicating with	Non-school days/evenings (30 min. limit/ day)	To family and friends they know in "real" life	Read e-books; Research for school, complete homework; Parental controls active on internet	Yes with clear rules, after winter break of 8th grade	Age appropriate social networks; with parents following accounts
The Aurora Waldorf School offers a healthy pathway into the world of digital technology.									