

Burchfield Primary School



- Children Ages 2 to 5
 - **Limit Screen Time to 1 Hour Per Day**
 - **Monitor Use – Encourage Learning Based Programs**
- Children Ages 6 and Up
 - **Establish Consistent Limits on Screen Time**
 - **Limit to Two Hours**
 - **Monitor YouTube or Restrict Completely**
- Protect Bedtime
 - **Restrict the use of phones or tablets to 30 minutes before bed.**
 - **Do not allow devices in the bedroom after lights out.**
 - **Store devices in a safe, locked location at night.**
- Foster Real-Life Relationships
 - **Help your child develop social skills and nurture his or her real-life relationships.**
- Social Media – Minimum of 13 Years of Age
 - **Monitoring software such as "Net Nanny" and "Surfie" gives the parent control over media sites, letting them block chats and monitor friend activity.**
- Keep Devices in Open Spaces
 - **Devices should be used in open areas such as the kitchen or living room to increase monitoring opportunities.**

Technology Support Device Boundaries