## GUIDELINES FOR SCREENS & KIDS BY AGE

**DIGITAL MILESTONES FOR KIDS**

### Birth – 2
- Avoid all screen time, other than video calls with relatives
- Be a role model for balanced screen time
- Make eye contact and play together without tech

### 2+
- Set up an internet filter
- Set up child account on YouTube for Kids
- Whitelist websites that are appropriate and block all others
- Narrate what you’re doing on your phone

### 4+
- Set up their first device with filter and time limits
- Talk to them about what to do when they see something scary or "weird"
- Only allow screen time when you are together

### 8+
- Talk to them about privileges & responsibilities
- Set up their devices for monitoring and filtering
- Find a group of parents that believe in "slow tech"

### 10+
- Start with a "dumb" phone
- Make a tech contract that you both sign
- Check the monitoring and filtering app
- No social media accounts

### 13 +
- Consider a smartphone (if ready)
- Start with one social media account (if ready) and set it up together
- Create your parent account & set up parental controls. "Follow" your child's account
- Check your monitoring app frequently

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**ABOUT LISA HONOLD, ONLINE SAFETY ADVOCATE**

Lisa Honold leads cyber safety events at schools, community organizations and parent groups to keep the bad stuff away from kids and to help kids develop a healthy relationship with technology.

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