

# Recommendations for Parents and Caretakers

Technology offers extraordinary opportunities for our youth, but navigating the digital world is a complex task that children cannot handle alone. Pediatricians and medical professionals recommend that children aged 0 to 6 have no screen exposure, except in specific cases under adult supervision. For children aged 7 to 12, less than one hour per day is advised, including schoolwork, with clear limits on time and content. For teenagers aged 13 to 16, no more than two hours daily is recommended, prioritizing offline activities and delaying access to internet-connected smartphones.

The following recommendations provide clear, actionable guidance for parents and caregivers to help youth safely navigate digital spaces while developing healthy technology habits.

## 1 Zero screen exposure between the ages of 0 and 6.

There is no safe level of screen exposure in this age group. The Spanish Association of Pediatrics recommends the complete absence of screen time. Exceptionally, brief and supervised use may be permitted for specific purposes such as reading a story or a video call.

## 2 Delay the age of the first smartphone with Internet access.

Between the ages of 13 and 16, priority should be given to phones without Internet access or social media, installing parental control tools, and establishing clear usage routines. The introduction of connected devices should be gradual and supervised.

## 3 Screen time limited to one hour per day between the ages of 7 and 12, including school use.

The use of Internet-connected devices should be restricted, prioritizing protective factors: physical activity, in-person social interaction, and outdoor life. When devices are used, they should be stationary, located outside bathrooms and bedrooms, and always under adult supervision.

## 4 Screen time limited to two hours per day between the ages of 13 and 16, including school use.

When device use is permitted, parental control tools must be installed and devices without Internet connectivity should be prioritized. Active supervision is a necessary measure, not an optional one.

## 5 Establish spaces and moments completely free of devices.

Mealtimes, the family table, bedrooms, and the hour before bedtime should be designated as technology-free zones. This measure supports sleep quality, family connection, and children's attention capacity.

## 6 Understand the platforms and digital services that children use.

It is essential to understand how recommendation algorithms work, data collection policies, and the specific risks that social media and digital services pose to the social and emotional development of children and adolescents.

## 7 Coordination among families to establish shared rules.

Social pressure is one of the main drivers of early access to devices and social media. An effective response requires collective agreements among families in a child's environment regarding usage limits, age of access, and types of permitted devices.

## 8 Ensure a minimum of 60 minutes daily of physical activity and in-person social life.

Experts recommend at least 60 minutes of daily physical activity for children aged 5 to 17. Routines should be established that include sports, in-person social activities, and outdoor time, modeling this behavior from within the family environment.

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