**Screen Time Policy**

Because we care about the health and well-being of the children in our care, we follow the American Academy of Pediatrics’ Recommendations on Screen Time:

* Children under 2 should have no screen time
* Children age 2 and over should watch less than 30 minutes per week at child care, and less than 2 hours per day total.

Building Blocks ELC understands that TV and other electronic media can *(Insert name of child care facility)*

get in the way of exploring, playing, and interacting with others, which encourages learning and healthy physical and social development. Therefore, we will restrict screen time by:

 Allowing a maximum of 30 minutes total per week of educational and age appropriate screen time (television, video, and DVD).

 Allowing no more than 15 minutes of educational computer time per day.

 Not allowing any screen time during meals and snacks.

 Having zero screen time (TV, video, and computer) for children under the age of two.

*Revised 10/12*