



"The New Digital Normal":

How to Get Back to Less Screen Time

Qustodio, leader in digital security and wellbeing for families, has compiled a list of recommendations to help parents balance the use of technology and find alternatives to screens.

Barcelona, July 20, 2020 - According to an analysis carried out by [Qustodio](#), parents should not allow screen time for children from 0 to 2 years old; a maximum of 1 hour a day (including TV time) is okay for up to 5 years old, and then parents should limit screen time based on the child's mental maturity and digital resilience. What is common for all ages, including adults, is the need to take breaks every 45 minutes to protect eye health.

Qustodio's screen time recommendations:



No screen time
(a quick wave to
grandma is okay)



1 hour max
(yes, that includes
TV time)



Depends on child, tween
or teen's mental maturity
and digital resilience



All ages:

Take eye health breaks
every 45 minutes and
disconnect 1 hour
before bed

Qustodio

Now that we are immersed in the “new normal”, it is more important than ever that screens interfere as little as possible with family time, exercise or hours of sleep. Aware of the difficulty in achieving this as we all spend more time indoors due to lockdowns and distancing, Qustodio, leader in digital security and wellbeing for families, has compiled a list of recommendations to help parents in this difficult task of balancing the use of technology and finding alternatives to screens:

- **No screens before bed.** 60% of Spanish children do not get the recommended hours of sleep, and 1 in 3 have symptoms of daytime sleepiness and tiredness, according to a study by the Sleep Research Institute. In most cases, this lack of sleep is associated with longer

exposure to television, computers or video games, according to the World Health Organization (WHO). Qustodio recommends shutting down mobile devices 1 hour before going to bed, and not allowing children to use screens in their bedrooms.

- **Make Family Time, Family Time.** Designating times of day in which none of the members of the family use mobile devices – either during the weekends or in the afternoons, and especially at meal time – is a good way to enjoy time together as a family without screens. And, now that more social relations can be resumed in person, always maintaining the necessary security measures, we must encourage these interactions and socialize without screens.
- **Turn regular routines into offline routines.** Eating, as mentioned above, is a great routine to always make screen-free. Find as many moments as you can to disconnect and be 'mindful' on a regular basis. .
- **Say no to the “digital pacifier”.** Managing the use of screens in your child's first 3 or 4 years of age is essential to their development. Experts recommend resisting the temptation to use mobile devices in the stroller, or in the car, unless it is long trips where it is more difficult to entertain in the vehicle.
- **Keep calm!** Every family has its own realities and will need its own rules and exceptions. It is difficult to prevent the little brother from watching the television that the older one watches, or to prohibit a mobile phone to a child when all of their classmates have one. One might let children watch TV at lunchtime, others not at all. What matters is consistency in your own family, and to stay calm and

explain the reason for the rules and the benefits of a healthy relationship with technology.

According to **María Guerrero**, a family psychologist and expert at Qustodio, “When first reducing screen time, kids often feel strange, they notice that something is missing. This is when parents should place the most emphasis on the positive aspects of face-to-face relationships, those things that the screen does not give them. The other important thing is to not give up and fall back on screens at the first sign of difficulty or when a situation overwhelms us. Agreeing on rules and being transparent with our children will play a key role in getting back to lower levels of screen time. ”

About Qustodio

[Qustodio](#) is the world leader in digital safety and wellbeing for families. Since 2012, our cross-platform parental control app and expert insights have helped parents around the world protect their children against online harm such as predators, cyberbullies and inappropriate content, while also helping them create healthy digital habits and awareness. With more than 2 million users, and accessible in 8 languages in +180 countries, Qustodio promotes the healthy use of technology, a safer internet, and open communication between parents and kids around the world.

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