

SFC-SA ScreenTime Guidelines

*Based on World Health Organisation Guidelines 2019



AGE	TIME	IMPACT OF EXCESSIVE SCREEN TIME	PARENTING TIPS
0-2 years	0 hours/day	<ul style="list-style-type: none"> Impaired ability to focus Missed developmental milestones Underdeveloped fine motor control Delayed language development 	<ul style="list-style-type: none"> No screens except video calls Prioritise face-to-face interaction and sensory play Encourage movement, exploration and real-world bond
2-5 years	1 hour/day	<ul style="list-style-type: none"> Impaired eyesight Poor body control Expectation of instant feedback Delayed language and cognitive development 	<ul style="list-style-type: none"> All screen time should be co-viewed with a parent Discuss what was watched to build early critical thinking and emotional awareness Choose calm, developmentally appropriate content Prioritise imaginative play, storytelling, and hands-on activities
5-10 years	2 hours/day	<ul style="list-style-type: none"> Weak emotional impulse control Social anxiety Obsessive interest in games/videos Impaired memory development 	<ul style="list-style-type: none"> No personal device ownership Use the 20-20-20 rule: every 20 minutes of screen use, take a 20-second break to look at something 20 feet away to protect eye health Encourage hobbies, outdoor play, sports, and creative projects
10-14 years	2.5 hours/day	<ul style="list-style-type: none"> Impaired reward circuitry Poor self-control Difficulty reading social cues Withdrawal and low motivation 	<ul style="list-style-type: none"> Devices should be loaned, not owned Screen time is a privilege, not a right No devices in bedrooms or bathrooms Discuss entertainment vs productivity and healthy online behaviour Support real-world friendships, skill-building, and active downtime
14-18 years	3 hours/day	<ul style="list-style-type: none"> Social withdrawal & low self-esteem Distorted reality perception Poor social intelligence Difficulty completing goals Prioritising online relationships Sleep & posture problems 	<ul style="list-style-type: none"> Discuss entertainment vs productivity and fantasy vs reality online Teach how persuasive technology influences choices Prioritise balance with extracurriculars, family routines, and community engagement Encourage teens to build real-life confidence and independence



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