

*As recommended by the
American Academy of Pediatrics &
Smart Families*

Smart Families is a non-profit organization that works directly with families, school district leaders, school administration and teachers to implement a pledge and educational program for families to wait until after eighth grade to give children smartphones.

Put
Family
First

Phone-Free
School Day

Delay
Smart Phone
Access

Delay
Social Media
Access

Build Community & Face-to-Face Time

SMART FAMILY NORMS

Let us help you with the right tools needed to successfully make a positive change for all families in your community.

Contact us
info@smart-families.org

We provide:

- Community Education
- Latest Neuroscience
- Smart, Alternative Solutions
- Community Building
- Tools to Change Culture

Guidelines by Age & Smart Family Norms

Under 18 Months

- No screen time except video chatting with loved ones
- Provide ample face-to-face, skin-to-skin time and eye contact
- Offer touch, toys or soft objects to calm and soothe
- Offer physical objects or toys for distraction, not screens
- Develop attachment to people, not attachment to screens

18-24 Months

- Little to no screen time except video chatting with loved ones
- Provide ample physical interaction and creative play
- Offer touch and physical objects for soothing and distraction
- Read books and offer toys to develop social and creative skills
- Screens develop watching skills NOT learning skills

3-5 Years

- Up to 1 hr/day of co-watched high-quality educational content
- Read books together to develop reading and social skills
- Discuss characters from the books and educational shows
- Provide toys from books and shows to grow creative skills
- Praise when children use play to self-soothe and distract

6-10 Years

- Up to 1-1.5 hrs/day earned recreational screen time
- None or minimal rec tech on school nights
- Rec tech earned with completed homework and good behavior
- Provide family media-free meals, activities, communal screens
- Use Brain Balance Rule: Every hour tech = hour of other activity

11 - 16 Years

- Up to 2 hrs/day earned recreational screen time
- None or minimal rec tech on school nights
- Rec tech earned with completed homework and good behavior
- Reinforce media-free time, healthy sleep hygiene, social skills
- Smart phone earned in HS, social media earned at age 16

As recommended by the The American Academy of Pediatrics (AAP) Center of Excellence (CoE) on Social Media and Youth Mental Health and The NeuroWhereAbouts Guide at www.neurowhereaboutsguide.com

Take the Smart Pledge. Letting parents know you have signed the pledge helps give others the courage to join and helps us all change the cultural norms of your school.

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