Screen time has been a hot-button topic for parents for decades and particularly over the past few years. The rise of personal devices like tablets, phones and smart watches, along with the use of screens in schools, has made screen time common for kids. Data also shows that screen time skyrocketed during the pandemic as parents struggled to juggle working with managing their children being at home.

Screen time guidelines have changed slightly over time. The American Academy of Pediatrics (AAP) used to recommend no screen time at all for children until 18 to 24 months, and limiting kids ages 2 to 5 to an hour or less of screen time a day.

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