



Children 5 to 10 years old need **hands-on exploration** and social interaction with caregivers and other children to continue to develop motor and social skills.

Do not allow them to watch **YouTube or TikTok**.  
**No screens** during family meals and for 1 hour before bedtime.

Utah Valley Pediatrics recommends:

- Play **inside and outside** with your child.
- Board games, hide and seek, crafts, or **imaginative games** are all fun and important activities for your child.
- Have your child try a variety of outdoor activities like **hiking, biking, disc golf, riding scooters, and organized sports**.
- Set up **play dates with active/free play** without parental supervision.



Utah Valley Pediatrics recommendations for quality screen time for children 5 - 10 years old...

**LESS THAN 2 HOURS OF SCREEN TIME PER DAY**



The best thing a parent can do is turn off all electronics and simply play with their child.

Families can develop a  
**Family Media Use Plan.**

Scan the QR code for more details.