

## Appendix 1

Table 1 - Summary table of the main recommendations: Sociedade Portuguesa de Neuropediatria (SPNP), World Health Organization (WHO), and American Academy of Pediatrics (AAP).

	Age	Time	Content	Context	Meals	Sleep	School
SPNP†	0-3 yrs	Avoid (except video calls); <30 min TV/day	Selection exclusive by an adult, not allowing the child to change the channel or video, even if it is advertised as "educational content".	Viewing screens should always be accompanied by an adult, in interaction with the child. Do not use screens to control tantrums or to prevent the child from getting bored.		Never	Never
	4-6 yrs	<30 min/day					
	7-11 yrs	Establish time limits (< 1 hour/day)	Parental control of viewed content, according to age and level of autonomy. Promote active and positive use, critical thinking regarding information, viewing quality content, and warning about the risk of sharing personal data. Access to social networks is allowed from age 16.	Use should never compromise healthy lifestyle habits: regular physical activity, social interaction, family meals, rest time, reading habits, etc. Parental behavior models' children's screen use, at any age.	Never	Avoid using touch screens after the late afternoon. Do not allow screens in the bedroom.	Restrict cell phone use during school breaks. Promote the use of paper textbooks. Do not request cell phone use during class activities.
	12-15 yrs	Establish time limits (< 2 hour/day)					
16-18 yrs	Establish time limits (< 2-3 hour/day)						
WHO‡	0-1 yr	Screen time is not recommended.	NA	NA	NA	NA	NA
	1-2 yrs	1 yr: not recommended. 2 yrs: <1 hour/day (less is better)					
	3-4 yrs	<1 hour/day (less is better)					
	5-17 yrs	At minimum, particularly the amount of recreational screen					

		time. The evidence was considered insufficient to support specifying time limits.					
	0-5 yrs	Media time should be limited; <1 hour/day.	Prioritize creative, educational, prosocial and positive media.	Viewing screens should always be accompanied by an adult, in interaction with the child. Do not use screens to control tantrums or to prevent the child from getting bored.			NA
AAP‡	6-12 yrs	Limit media time, which should not interfere with physical activity and healthy eating.	Prevent unhealthy video gaming habits. Hold off on social media until age 13 or older, with parent support.	Between 6-12 yrs, co-viewing media is important to connect and help kids learn. Between 6-18 yrs, parents and children should review video games and apps together before buying or playing them. They can also play apps, games or watch videos together.	Never	Do not allow screens in the bedroom. Turn off screens/devices 1 hour before bedtime.	Whatever your child's school policy, think what is helpful or distracting to your child having a phone or using a laptop during the school day.
	13-18 yrs	Limit media time, which should not interfere with physical activity and healthy eating.	Prioritize creative, educational, prosocial and positive media.				

† First published online in September 2024 (<https://neuropediatria.pt/wp-content/uploads/Recomendacoes-SPNP-ecras-e-tecnologia-digital-2.pdf>); manuscript published in July-September 2025 (<https://doi.org/10.46531/sinapse/GU/163/2025>).<sup>33</sup>

‡ Guidelines for children under 5 years of age published in 2019 (<https://iris.who.int/server/api/core/bitstreams/60a1cbaa-2bef-4251-9557-e52ce22112b3/content>); WHO guidelines for older children published in 2020 (<https://www.ncbi.nlm.nih.gov/books/NBK566046/>).

‡ Last updated in January 2026; Information obtained from <https://www.healthychildren.org/English/family-life/Media/Pages/helping-kids-thrive-in-a-digital-world-AAP-policy-explained.aspx> and the free AAP tool – Family Media Plan (<https://www.healthychildren.org/english/fmp/pages/mediaplan.aspx>).