



# Orchard Pediatrics, P.C.

Newborn through Adolescent Care

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## Media Safety – Ages 10 to 12

1. It is recommended that children do not have televisions in their bedrooms. Television viewing should always be supervised and is best if it is a family activity.
2. Limit flat screen viewing (TV, video games, etc.) to a maximum of 2 hours a day.
3. Video games should all have E (Everyone) ratings.
4. Internet use should be in a common area of your home. Do not allow internet enabled devices in your child's room or other unsupervised areas of your home. If your child uses a laptop for school, it should be put away in their backpack once homework is finished.
5. Put a parental password on all internet enabled devices. This requires your presence when your child is on the internet.
6. If your child uses a smart phone, disable the internet access. Monitor your child's texting.
7. Avoid social networking at this age. If your child uses social networking, get full access to it and check it daily.
8. Consider downloading parent/child contracts for cell phone and social networking sites. A sample Family Cell Phone Contract is on the reverse side. [www.common sense media.org](http://www.common sense media.org) has sample contracts for media safety.