

TURNS, NOT SCREENS

The Four Commitments

Four promises that families, child-care programs and doctors can keep at the same time.

1. **None before six, as far as you can manage it.** Video calls with family are the one exception, because a person on a video call can answer.

2. **After six, a little, slow and shared,** and none at meals or in the hour before bed.

3. **Screen-free rooms for the youngest:** every infant room, toddler room, preschool and kindergarten.

4. **Ask the question everywhere a young child is seen:** “How many hours a day is a screen on, and when?”

A screen cannot take a turn.

Most health authorities advise none or almost none before two; six is the book’s precaution, not a guideline. What each country advises: **virtualautism.com/guidelines**

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