

# **Gaming and Internet Treatment Program**

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## **Setting Limits**

Developed by Hilarie Cash, PhD and Kim McDaniel, MA

- No screen time for children under 2 years of age
- 1-2 hours of screen time for preschool age children
- 2-3 hours of screen time for middle and high school age teens
- Screen time = television and computer entertainment
- No television, internet or gaming console in your child's room.