



National Poll on Children's Health

Screen Time Limits – Survey Questions

SURVEY QUESTIONS FOR PARENTS WITH A CHILD AGE 1-5.

This next set of questions relates to the use of television, computers, and other electronics by you and your family.

- Q1. Entertainment screen time includes time spent watching TV or videos, using a computer/tablet, playing video games or using a cellphone for something other than phone calls.

In an average day, how much entertainment screen time would you say that your **X-year-old** child has?

None	0-1 hour	1-2 hours	3-4 hours	5-6 hours	>6 hours
1	2	3	4	5	6

- Q2. What do you think is a reasonable amount of entertainment screen time, on an average day, for your **X-year-old** child?

None	0-1 hour	1-2 hours	3-4 hours	5-6 hours	>6 hours
1	2	3	4	5	6

- Q3. Have you done any of the following in order to control the amount of entertainment screen time for your **X-year-old** child?

I do this now	Have done this in the past	Have considered it but haven't done it	Have not considered doing
0	1	2	3

1. Limit total screen time each day
2. Set days when no screen time is allowed
3. Have screen-free times for the whole family

Q4. Have you had any of the following rules in order to control the amount of entertainment screen time for your **X-year-old** child?

I do this now	Have done this in the past	Have considered it but haven't done it	Have not considered doing
0	1	2	3

1. Do not allow TV watching in child's bedroom
2. Do not allow computer or video game in child's bedroom
3. Do not allow smartphone at mealtime or in child's bedroom

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University of Michigan
C.S. Mott Children's Hospital

C.S. Mott Children's Hospital National Poll on Children's Health

Director: Matthew M. Davis, MD, MAPP
Faculty Collaborator: April Khadijah Innis, MSc, MD
Associate Director: Sarah J. Clark, MPH
Manager & Editor: Dianne C. Singer, MPH
Data Analyst: Acham Gebremariam, MS
Web Editor: Anna Daly Kauffman, BA
For survey questions or to contact us: <http://MottNPCH.org>
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Child Health Evaluation
and Research Unit



University of Michigan