**Doctors Relax Viewing Recommendation for Kids**

According to the new guidelines, which take into consideration the prevalence of mobile devices in everyday life, screen time for kids 18 months and younger should be limited to video chats. At 18 months, it's OK for parents to introduce high-quality media programming, the guidelines say.

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<https://www.cnet.com/news/aap-updates-screen-time-guidelines-for-toddlers-babies/>