The Australian Government's Department of Health recommends a maximum of two hours per day of screen time for entertainment for children aged five to 12. A report from the Australian Institute of Family Studies explores the extent to which Australian children adhere to these guidelines.

### Weekday average screen time by age

- **4-5 year olds:** 2.2 hours
- **6-7 year olds:** 1.6 hours
- **8-9 year olds:** 1.9 hours
- **10-11 year olds:** 2.7 hours
- **12-13 year olds:** 3.3 hours

### Percentage of children who spend more than the recommended two hours per weekday on screens

- **4-5 year olds:** 44%
- **6-7 year olds:** 25%
- **12-13 year olds:** 64%