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div><div><div>For kids over the age of 6, the American Academy of
Pediatrics says no more than 60 minutes on school days and 2 hours on non-schoo
l days. Kids under 6 should spend closer to 30 minutes

It's also appropriate for parents to know and approve the games their kids
are playing. Avoid any games with graphic violence or sex.</div></div&g

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8 years old, experts recommend that parents think about how much their child use
s any media. This includes playing video games on gaming consoles, tablets, or s
martphones. Using media should not take the place of getting enough sleep or bei
ng physically active.</div></div></div></div></div>
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span>Kids and Video Games (for Parents) - Nemours KidsHealth<
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