

A Parent's Guide to Screen Time

Screen Time = TV,
IPADs, Phones,
Video Games,
Computers, Hand
Held Devices

Did you know?

The American Academy of Pediatrics recommends **no** screen time for children under the age of 2, and less than 2 hours a day for older children.

How much screen time does your child get a day?



How is screen time affecting my child?

- One hour of TV a day is associated with higher consumption of high fat, high sugar food.
- Two or more hours of TV is associated with increased likelihood of being overweight among 3-year-olds.
- School aged children who spend more than the recommended time on screens do worse in school than their peers.
- Screen time can affect sleep! In infants it is associated with irregular sleep schedules and in 6-12 year olds it increases the risk of sleep disturbances.
- Screen time for children under 3 is linked to delayed language development.
- For adolescents, screen time is associated with increased hyperactivity, social/emotional disturbances, and poor school performance.

How You Can Help:

- Set a visual or auditory timer to help with the transition when it is time to put the screen away
- Use parental controls to help set limits on amount of time iPad/tablets can be accessed
- Encourage your child to participate in new ways to play: playing outside, family game night, organized sports, reading books, playing music, craft time, toys to encourage pretend play (Legos, dolls, cars, play kitchen)
- Set aside family time where no screen are allowed, **you are the best model for your child!**