TOO MUCH SCREEN TIME CAN LEAD TO...

- Obesity
- Weight issues may occur at a younger age
- Lack of exercise will reduce the development of social, sensory, intellectual, auditory and perceptual-motor skills
- Overeating while watching TV is commonly a bad habit that develops
- Irregular sleep
- Behavioral problems
- Poor academic performance
- Violence
- Less time for real play

Children are growing up in a digital world, surrounded by mobile devices, TV & computers.

Follow these recommendations to find a safe balance for your child’s developing mind in a world full of screens.
FINE TUNE SKILLS
Engage in activities that develop small motor skills & five senses
Ex: singing songs, building blocks, sorting like items.

TIME TO PLAY
Play time with siblings or other children is important for building strong social skills. TV characters are no substitute for playmates.

STORY TIME
Read children’s books to stimulate their brains.
Ex: story books, “lift-the-flap” books, iSpy and touch & feel books.

During the first few years of your baby’s development, social bonding & interaction with the world around them is crucial.

LIVE VIDEO CHAT EXCEPTION
The benefit of a virtual visit “conversations” with a favorite relative outweighs the cost of exposing your child to the screen.

Recommendations

0-18 months old
NO SCREEN TIME
(Except video chat with loved ones)
Baby’s development is still important. If using a screen use it together as a learning tool.

Recommendations

VIEW TOGETHER
If you choose to introduce your child to digital media, it’s always best to consume it together.

REINFORCE THE LESSON
Repeat what the video says and/or draw attention to what is on the screen to ensure they are learning along with the content.

GUIDE THEIR EXPERIENCE
Treat a video or app like you would a picture book. Make screen time an interactive learning activity you can share together.
Though your child’s independence is growing, you should still limit the content & time spent.

Recommendations

TECH-FREE ZONES
Schedule designated family time so children won’t feel the need to be on a device. Make sure you put down your device for this time, too!

BE SELECTIVE
Focus on finding evidence-based children’s educational media like Sesame Workshop or PBS published apps/videos.

CO-VIEW CONTENT
Still co-view with your kids so you know what they are seeing & help them apply it to the world around them.

GET OUTSIDE!
Don’t rely on screens for recreation. Outside & active = Less time on devices.
TECH-FREE ZONES

Schedule designated family time so children won’t feel the need to be on a device. Make sure you put down your device for this time, too!

BE SELECTIVE

Focus on finding evidence-based children’s educational media like Sesame Workshop or PBS published apps/videos.

CO-VIEW CONTENT

Still co-view with your kids so you know what they are seeing & help them apply it to the world around them.

GET OUTSIDE!

Don’t rely on screens for recreation. Outside & active = Less time on devices

BE A ROLE MODEL

You can’t tell your kids to limit time on devices if you don’t.

FACE-TO-FACE SOCIALIZATION

Get to know other parents & set up play dates with other kids. Social interaction is crucial for development & this will keep them engaged with others.

FIND FUN ALTERNATIVES

Engage in activities like puzzles & board games so your child can have fun while stimulating their brain.

At this age, your child can easily operate a mobile device, so it’s important that you safe-guard the content they can access.

6-12 years old

2 HOURS PER DAY

Recommendations
Teens are very dependent on their devices & social media. Clearly communicate your limits & expectations on device usage.

Recommendations

FIND BALANCE
Don’t completely deprive them: all screen time is not bad. Know your child & find the right balance for them.

MONITOR THEIR MEDIA
Monitor the content they are consuming & have a conversation about privacy & appropriateness of content shared on social media.

ENCOURAGE OTHER ACTIVITIES
Get your kids involved in sports, activities or clubs so their device time is limited.
FIND BALANCE
Don’t completely deprive them: all screen time is not bad.
Know your child & find the right balance for them.

MONITOR THEIR MEDIA
Monitor the content they are consuming & have a conversation about privacy & appropriateness of content shared on social media.

ENCOURAGE OTHER ACTIVITIES
Get your kids involved in sports, activities or clubs so their device time is limited.

TOO MUCH SCREEN TIME CAN LEAD TO...

**Obesity**
Weight issues may occur at a younger age
Lack of exercise will reduce the development of social, sensory, intellectual, auditory and perceptual-motor skills
Overeating while watching TV is commonly a bad habit that develops

**Irregular sleep**
Behavioral problems
Poor academic performance
Violence
Less time for real play
TOO MUCH SCREEN TIME CAN LEAD TO...

**Vision Impairments**
- Eye strain from screen glare
- Eye weakness from sitting too close to the screen
- Less flexibility in ability to focus on objects far away
- Can develop nearsightedness much earlier in life

**Loss of Social Skills**
- Creates a lack of normal social skills
- Can lead to issues speaking one-on-one
- Lack of interaction with other children
- Loss of creativity such as how to pretend