

# Screen Time and the Very Young

**Do yourself and your young children a favor — create an electronics-free bedroom and role model by reducing your own recreational screen time.**

The American Academy of Pediatrics recommends NO screen time for children under 2 years of age with the exception of video chatting. Listed below are some of the effects that excessive screen time (over two hours a day) can have on the very young.

## EXCESSIVE SCREEN TIME

- Can be habit-forming. The more time a young child is engaged with screens, the harder time they have turning them off as older children.
- Is linked to irregular sleep patterns and delayed language acquisition for children under 3.
- Is associated with problems later in childhood, including lower math and school achievement, reduced physical activity, social challenges, and increased BMI.
- Means less time involved in creative play and constructive problem solving.

## REDUCED SCREEN TIME

- May lead to decreased interest in screen time when children are older.
- Can help prevent childhood obesity by allowing more time for physical activity and less exposure to television advertising for unhealthy foods targeted at children.
- Is related to doing better in school, having a healthier diet, being more physically active, and being better able to engage in school work.
- Can start now! Limiting exposure before age 6 greatly reduces some of the risks of excessive screen time.

