

What Is Screen Time?

SCREEN TIME IS THE **TOTAL** TIME SPENT BY:



WATCHING TV



ON A COMPUTER



PLAYING VIDEO GAMES



USING A SMARTPHONE OR TABLET

DID YOU KNOW?

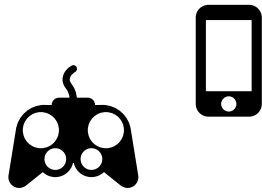
Toddlers exposed to more screen time had higher rates of speech & language delay.

For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay!

Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.



American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children



HOW MUCH SCREEN TIME?

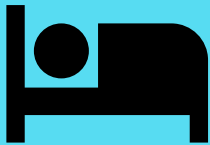
American Academy of Pediatrics Recommends:

- Birth to 2 years- NO screen time
- 2-5 years of age- Up to 1 hour daily
- School Age Children- 1-2 hours daily



SET GUIDELINES

Set device free zones and family rules for screens



- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

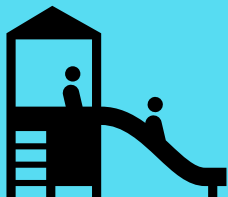
STAY INVOLVED

- Research games and apps to make sure that they are **appropriate** and **high quality** at www.commonsensemedia.org
- Watch videos with your child and talk about them
- Encourage hobbies outside the online world



PRIORITIZE PLAY!

We know the best way to help children learn and grow is to **play and interact with them!** Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.



Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

SOURCES:

- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
- American Academy of Pediatrics (2017). Handheld Screen Time Linked with Speech Delays in Young Children. Retrieved from <https://www.healthychildren.org/English/news/Pages/Handheld-Screen-Time-Linked-with-Speech-Delays-in-Young-Children.aspx>
- Canadian Pediatric Society (2017). Screen time and young children: Promoting health and development in a digital world. Retrieved from <https://www.cps.ca/en/documents/position/screen-time-and-young-children>
- Christakis, D. A. (2009). The effects of infant media usage: what do we know and what should we learn? Review Article. *Acta Paediatrica*, 98, 8-16.
- Zimmerman, F. J., Christakis, D. A. & Meltzoff, A. N. (2007). Associations between Media Viewing and Language Development in Children Under Age 2 Years. *The Journal of Pediatrics*, 151, 364-368.

