

SCREEN TIME & KIDS' HEALTH



SCREEN TIME is more than just watching TV. It also includes time spent on phones, tablets, and computers.

Children who spend LESS time watching television in early years tend to:

LEARN

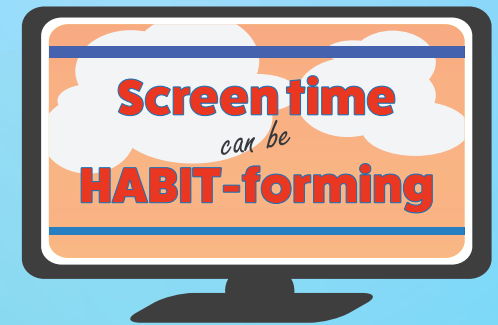
BETTER

EAT

HEALTHIER

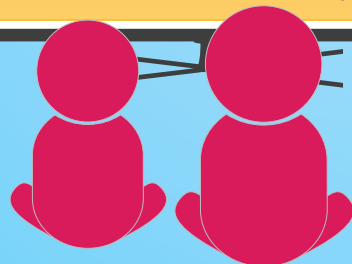
MOVE

MORE



The MORE TIME children engage with screens now, the HARDER it is to stay away as they get older.

2 HOURS OF TV PER DAY HAS BEEN SHOWN TO INCREASE THE RISK OF OBESITY IN 3-5 YEAR OLDS.



Irregular sleep patterns and delays in speech development have been linked to screen time for children under 3 years old.

The American Academy of Pediatrics recommends:



- ZERO screen time for children under 2 years old.
- Less than TWO HOURS a day of educational programming for older children.