

HOW MUCH SCREENTIME IS TOO MUCH FOR YOUR 0-5 YEAR OLD?



Research indicates no screentime for children under two other than FaceTime in limited quantities



Research indicates **no more than one hour per day** of screentime for children ages two to five.

Screentime includes TV, iPad, computer, FaceTime, and phone access.

Select developmentally appropriate content and co-view when possible. Even content labelled educational is not always appropriate.

More is caught than taught. Be mindful of your own screen habits.



Children learn best from watching you, being read to, and engaging with the world!

Excess Screentime can cause...

- Delayed language and literacy development
- Sleep issues
- Overstimulation
- Sensory processing issues
- Lack of social emotional skill (e.g. reading facial expressions)
- Memory, attention, and focus issues



Alternatives



- Play outside
- Non-electronic toys and puzzles
- Reading aloud together
- Daily chores together
- Face mimicking

Learn More!

Research and guidance used in this flyer include American Academy of Pediatrics and American Academy of Child and Adolescent Psychiatry recommendations.

Book recommendations are located to the right.

