



SCREEN TIME SENSIBILITY

WHY EXCESSIVE SCREEN TIME IS DANGEROUS FOR KIDS:

Research tells us that children who view screens excessively have decreased cognitive ability, attention, academic performance, lower IQ and reading skills, increased violent and poor behaviors, poorer sleep quality, increased obesity rates, antisocial behavior, and decreased creative play.



THINK SESAME STREET

Quality of content matters with shows that are slow moving visually and rich in language and social interactions being the gold standard.

HOW MUCH ARE THEY WATCHING?

- 3 mo/olds are exposed to 2.6 hrs of TV a day.
- 2/3rds of 3 yr/olds view 3-5 hrs/day
- 8-12 yr/olds view 4-6 hrs/day
- Teens consume >9 hrs of screen time a day

AAP GUIDELINES

- No screens under 18 mo except video chatting.
- 1 hr/day for children 3 and up.
- E-books and learning apps with parent interaction only.
- No screens at mealtime and bedtime.
- Quality content only.

SET THE EXAMPLE

Parent's own screen time habits shape that of their children. Put your device down to encourage them to and engage in play, outdoor exploration, reading, and conversations. Preview content prior to children's viewing.



SCREENS AND ADHD

5 year olds who spend 2 hours of more a day viewing screens are 7.7x more likely to be diagnosed with ADHD.

TOOLS TO HELP

- AAP guidelines
- Commonsense media
- healthychildren.org for media plans and screen calculators
- PBS kids
- milestonesandmiracles.com for developmental play support.



WHAT ARE THEY MISSING?

Children who spend extra time viewing screens are not spending adequate time reaping many benefits of traditional and outdoor play.