



# IMPACT OF SCREEN TIME ON YOUNG CHILDREN

## Why the American Academy of Pediatrics is sounding the alarm.

### STUDIES SHOW

Excessive screen time is associated with **developmental delays** in speech, motor skills, behavioral issues, sleep disruption, sedentary activity and problem-solving abilities.

### DECREASE DAILY SCREEN TIME

**Face-to-Face interactions are critical for children**

### RECOMMENDATIONS

- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off all screens during family meals and outings.
- Avoid using screens while feeding your child.
- Turn off screens and remove from bedrooms an hour before bedtime.
- Learn about parental controls and limit your own screen use around children to model healthy screen habits.
- Face-to-face interactions build language, improve recognition of emotions, and help an infant or child learn important social skills. Visit [vroom.org](http://vroom.org) or download the free app to help with activities for parents and children.

### RECOMMENDED DAILY SCREEN TIME UNDER SIX YEARS OLD



**0-18 Months**  
**ZERO SCREEN TIME**  
ONLY video chatting with family or friends



**18 mo - 2 Years**  
**LIMIT SCREEN TIME**  
No solo use and only educational materials



**2-5 Years**  
**ONE HOUR PER DAY**  
Only co-viewing with a parent or sibling



**6+ Years**  
**TWO HOURS MAX**  
Place consistent limits on time and media type

