

## Some Things to Know About Screen Time and Young Children

*It seems that to succeed in today's world, people really have to be great at using computers. You might think that the more children can learn from using computers, electronic devices or watching educational TV the better, but this is NOT the case.*

### In fact, did you know...

- The best way for children to learn language and new words, is from listening to and talking with *people*, not from screens.
- The American Academy of Pediatrics recommends discouraging any screen time for children under the age of two and less than two hours a day of educational screen time for older children.
- The more time preschool children spend with screens, the less time they spend engaged in creative play (the foundation of learning) and constructive problem solving.
- When the TV is on, even just on in the background, families just don't talk much to each other. To learn language and learn about their world, children need to be surrounded with words.
- Too much screen time for children under three is linked to delayed language development.
- Screen time can be habit forming. The more time children spend watching and interacting with screens, the harder it is for them to turn them off.
- Too much time with screens is a risk factor for childhood obesity.
- Children who spend less time watching television in the early years tend to do better in school, have a healthier diet, and are more physically active.
- Reading aloud regularly to children is the BEST way to help them develop a love of books and reading!



Family Reading  
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