

The American Academy of Pediatrics recommends NO screen time for children under 2 years of age. Excessive screen time (over two hours a day) can put young children at risk. Listed below are some of the effects that screen time can have on the very young.

## Excessive screen time...

- ▶ can be habit-forming. The more time a young child is engaged with screens, the harder time they have turning them off as older children.
- ▶ for children under 3 is linked to irregular sleep patterns and delayed language acquisition.
- ▶ takes time away from meaningful interactions with parents, family members and caretakers.
- ▶ can be associated with problems in later childhood, including lower math and school achievement, reduced physical activity, social issues, and increased BMI.
- ▶ has been associated with increased early childhood aggression.
- ▶ simply put, means less time involved in creative play—the foundation of learning, constructive problem solving, and creativity.

## Reduced screen time...

- ▶ may lead to decreased interest in it as older children.
- ▶ can help prevent childhood obesity by allowing time for more physical activity and less exposure to television advertising for unhealthy foods targeted at children.
- ▶ allows for doing better in school, having a healthier diet, being more physically active and having the opportunity to better engage in school as older children.
- ▶ can start now! Limiting exposure before age 6 greatly reduces the risks of excessive screen time.



Do yourself and your young children a favor—create an electronic-media-free bedroom, and be a role model by reducing your own recreational screen time.

For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).

Adapted from *Kids and Screens*, Campaign for a Commercial-Free Childhood. [www.commercialfreechildhood.org](http://www.commercialfreechildhood.org).

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