**Daily Screen Time Limits**

- Birth to 2 years: 0 (not recommended)
- 2 to 5 years: 1 hour or less
- 6 to 10 years: 1.5 hours or less
- 11 to 13 years: 2 hours or less
- Age 14 and up: varies

*Recommendations from the American Academy of Pediatrics*

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**Do you need strategies and tips to manage screen time in your home?**

If so, join us for "**Screen Time: Setting & Enforcing Limits**", a live presentation & discussion.

**Wednesday, June 17 @ 8:30am**

Click below to sign up!

[link to registration]

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**What is screen time?**

*Screen time* is a catchall term that refers to a variety of types of media including:
- television, movies, DVDs
- computer & console video games
- Chromebooks, laptops, personal computers
- iPads, tablets, smart phones, interactive media, social media

**Is screen time bad?**

There is no simple answer to this question. Recent research has shown that not all screen time is equal. It is important to consider the pros and cons of various screen time activities.

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**Screen Time Facts—What Does the Research Say?**

- Increased screen time in children aged 24-36 months showed lower scores on cognitive, social, and behavioral developmental assessments.
- Emotional development and language skills are negatively impacted by screen based instruction and interaction; face-to-face learning and socialization is recommended.
- Obesity and depression are the two most common conditions associated with excessive screen time.
- Teenagers had the best assessment outcomes when recreational screen time is mitigated with daily physical activity and sufficient sleep.
- Multiple areas of development are negatively impacted by excessive screen time in children age five and under.
- Tween, teens, and adults that engage in excessive screen use experience increased physical health and mental health symptoms.

Facts and stats obtained from The American Academy of Pediatrics, the World Health Organization, and the American Psychological Association.

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**Upcoming Events**

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 6/23 @ 6:00pm</td>
<td>Binder Training: Organize Your Stu !</td>
<td>[link to registration]</td>
</tr>
<tr>
<td>Thurs 6/25 @ 8:30am</td>
<td>Autism Spectrum Disorder &amp; Sleep</td>
<td>[link to registration]</td>
</tr>
<tr>
<td>Thurs 6/25 @ 7:00pm</td>
<td>Sensory Processing Disorder</td>
<td>[link to registration]</td>
</tr>
<tr>
<td>Friday 6/26 @ 5:00pm</td>
<td>Family Fun Hour: BINGO!</td>
<td>[link to registration]</td>
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</tbody>
</table>

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