

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*

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.



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

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

Wednesday, June 17 @ 8:30am

Click below to sign up!

<https://zoom.us/j/90812222222?pwd=MTIzNDU2M0pRbWw2S1Z2>

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.

Upcoming Events

Date/Time	Topic	Link
Tue 6/23 @ 6:00pm	Binder Training: Organize Your Stu !	https://register.gotowebinar.com/register/1940885820314970383
Thurs 6/25 @ 8:30am	Autism Spectrum Disorder & Sleep	https://zoom.us/j/90812222222?pwd=MTIzNDU2M0pRbWw2S1Z2
Thurs 6/25 @ 7:00pm	Sensory Processing Disorder	https://register.gotowebinar.com/register/1515359427244822029
Friday 6/26 @ 5:00pm	Family Fun Hour: BINGO!	https://nyurl.com/ybaghr7



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