

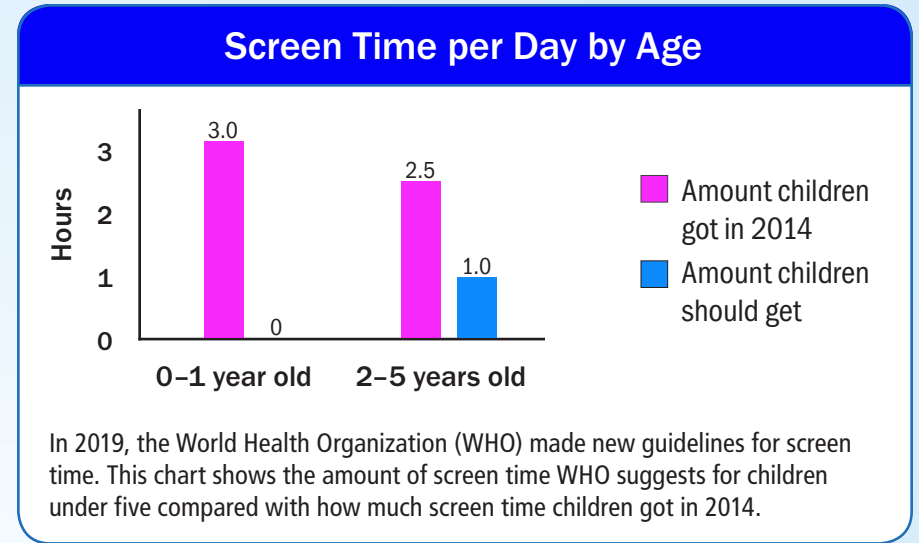


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Screen time is time spent watching TV or using phones, tablets, and computers.

Children under five are getting too much screen time. A study released in 2018 found that the amount of screen time children between two and five got remained the same from 1997 to 2014. They got an average of two and a half hours of screen time a day. For children under two, screen time more than doubled between 1997 and 2014. In 2014, they got an average of three hours of screen time a day.

Too much time in front of a screen can hurt the growth of children under five. Studies show that children who get too much screen time usually eat more and get less exercise. They spend less time talking, so they may learn to speak later than their peers. They might get less sleep. Being tired makes it harder to pay attention and remember things.



Source: JAMA Pediatrics, World Health Organization

Children are healthier when they exercise, get enough sleep, and spend time with others. They spend less time on these things when they have too much screen time. Children under five may enjoy getting a lot of screen time. However, too much screen time can do more harm than good.

Do You Know?

Some screen time can be good when children spend it with an adult or another child. Screen time can be used for:

- Video calls with family and friends who do not live nearby
- Watching an educational show with an adult and talking about it
- Playing educational video games with an adult
- Playing family-friendly video games with another child, which helps them learn to work and play together