

# Limit Screen Time

Let's face it, screens are everywhere. TV isn't the only problem anymore. Most kids now have unlimited access to phones, tablets, and computers.

Infants 18 months and younger should not have any screen time at all. The noise and the activity of the screen can be distracting and a baby can become over stimulated by the lights and sounds. This could cause distress in the baby and sleep problems. Another issue is that if parents are hooked to the TV or other screens they have available, that is time they are being distracted from their infant.

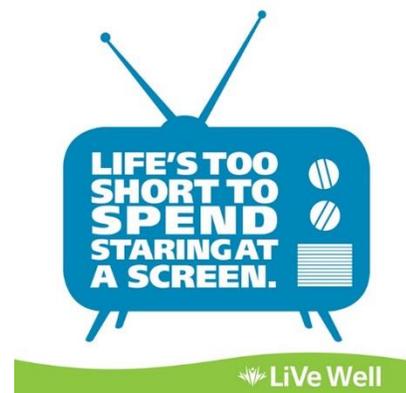
For children 2 to 5 years old, limit screen time to one to two hours per day of high-quality programming; watch with your children and help them understand what they are seeing how to apply it. Try to avoid screen time one hour before bed, sometimes the TV or other devices can be too stimulating for the child. If children are in front of a TV or other screen for most of the day, they are at a higher risk of becoming overweight or obese. Avoid using screen time as the only method to soothe the child. Avoid fast-paced programs or apps with distracting or violent content. Monitor children's media content; test apps before using them and ask the child what he or she thinks about the app. Bedrooms, meal times and playtimes with parents should be screen-free for both parents and child.

**Set Limited Viewing Times.** If you are not going to turn off the television completely, choose the appropriate television viewing windows for your kids. It is much easier to limit their viewing habit if they understand that they can only watch one show in the morning and one show after school

**Encourage Other Activities.** Such as reading books, board games, arts and crafts, play interactive games indoors, or go outside if it's nice out.

**Play with Your Kids.** Get down on the floor with your kids and pick up a doll, truck, or ball.

**No TV's in Bedrooms**



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