



Screen Time: the less, the better

Time in front of a screen has been shown to reduce physical activity, increase body mass index, lower academic achievement and increase bullying by classmates.



Children under the age of two: no screen time. Children over the age of two should have **no more than 2 hours of recreational screen time per day.**



Too much screen time has some pretty **serious effects** on today's youth. Children that are heavy viewers put **less effort into school work, have poorer reading skills, play less with friends, have fewer hobbies, and are more likely to be overweight.**



It adds up pretty quickly. Preschool children currently spend an average of 32 minutes each week in front of a screen. children ages 8 to 18 spend an average of 4.5 hours watching television, 1.5 hours using computers and over an hour playing video games each day.



Research suggests that **less than half the time** kids between the ages of 2 and 12 spend in front of a screen is spent consuming "educational" material.



Location Limits

Rather than watching the clock in an effort to control your child's screen time, consider setting location guidelines. For example, no electronics at the dinner table or in the bedroom.

