

# Screen Time and the Very Young



The American Academy of Pediatrics recommends NO screen time for children under 2 years of age. Excessive screen time (over two hours a day) can put young children at risk for some of the effects listed below.

## EXCESSIVE SCREEN TIME...

- can be habit-forming. The more time a young child is engaged with screens, the harder time they have turning them off as older children.
- is linked to irregular sleep patterns and delayed language acquisition (for children under 3).
- takes time away from meaningful interactions with parents, family members and caretakers.
- can be associated with problems in later childhood, including lower math and school achievement, reduced physical activity, social issues and increased weight.
- has been associated with increased early childhood aggression.
- simply put, means less time involved in creative play — the foundation of learning, constructive problem solving, and creativity.

## REDUCED SCREEN TIME...

- may lead to decreased interest in it as older children.
- can help prevent childhood obesity by allowing time for more physical activity and less exposure to television advertising for unhealthy foods targeted at children.
- allows for doing better in school, having a healthier diet, being more physically active and having the opportunity to better engage in school as older children.
- can start now! Limiting exposure before age 6 greatly reduces the risks of excessive screen time.

**Do yourself and your young children a favor — create an electronic-media-free bedroom, and be a role model by reducing your own recreational screen time.**

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*Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens.  
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