PROMOTE **HEALTHY VIEWING** HABITS

How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not have ANY SCREEN TIME and that those older than 2 have no more than 1-2 hours a day of quality programming.

Why is this important?

The first two years of life are considered a critical time for brain development. TV and other electronic devices can get in the way of exploring, playing, and interacting with parents and others, which encourages learning and healthy physical and social development.

Here are some tips you can use to help your child develop positive screen time habits:

- Keep screens out of your child's bedroom.

- Turn off TV and put away handheld devices during meal time.

- Treat screen time as a privilege to be earned — not a right.

- Establish and enforce family viewing rules, like allowing screen time only after chores and homework are complete.

- Make a list of fun activities to do instead of being in front of a screen. Keep books, magazines, and board games easily available.
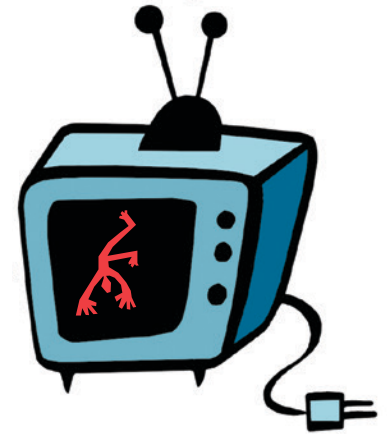
What counts as a screen time?

Screen time means any time spent using TVs, computers, video games, tablets, and/or smart phones.

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