



# MANAGING SCREEN TIME IN A TECHNOLOGY WORLD

## Why limit media use?

- **Not enough sleep-** Overstimulation by screens cause children to miss out on the sleep they need to grow.
- **Delays in learning & social skills-** Children who watch too much screen time can show delays in attention, thinking, language, and social skills.
- **Obesity-** Heavy media use during preschool years is linked to weight gain and risk of childhood obesity.
- **Behavior problems-** Violent content on screens can contribute to behavior problems in children, either because they are scared and confused by what they see, or they try to mimic on-screen characters.

Scan or click the QR codes for more information regarding healthy screen time practices!



Parents: Put Your Phone Down



The Benefits of Boredom



10 No-Cost Screen-Free Activities



Beyond Screen Time: Healthy Media Use Habits



AAP: Family Media Plan