SCREEN TIME is more than just watching TV. It also includes time spent on phones, tablets, and computers.

Children who spend LESS time watching television in early years tend to:

- LEARN BETTER
- EAT HEALTHIER
- MOVE MORE

Irregular sleep patterns and delays in speech development have been linked to screen time for children under 3 years old.

The MORE TIME children engage with screens now, the HARDER it is to stay away as they get older.

The American Academy of Pediatrics recommends:

- ZERO screen time for children under 2 years old.
- Less than TWO HOURS a day of educational programming for older children.