



Screen Time and Very Young Children

There are many things you can do to help your child be healthy and ready for school. Doctors recommend children under the age of 2 spend **NO** time in front of screens (television, computers, video games, phones). Screen time for very young children can take away from the learning they need to be ready for school.

Very young children who grow and learn without screens:

- May sleep better.
- May speak sooner.
- Will have more time to interact with parents, family members and caretakers on activities that promote brain development (like talking, playing, singing and reading together)
- Are more ready to start school.
- Do better in school.
- Get along better with other children.
- Have more time for creative play.
- Are better at solving problems.
- Have a healthier diet. They see fewer ads for junk food.