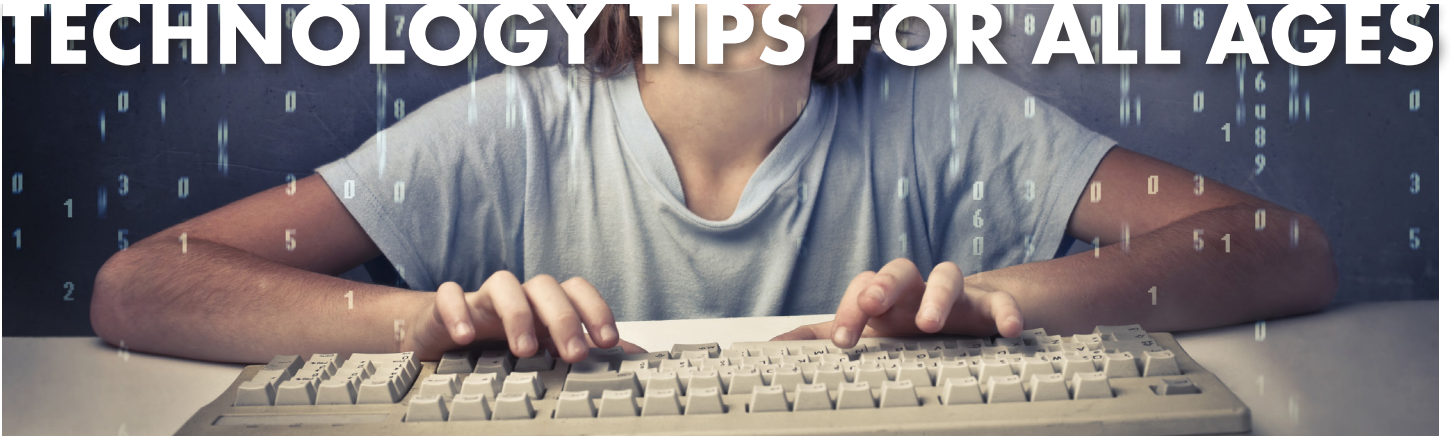


# TECHNOLOGY TIPS FOR ALL AGES



## Why Limit Media Use?

**Too much digital media can have negative effects.**

**They include:**

- **Lack of sleep.** Young children with a TV, tablet, or cell phone in their bedrooms fall asleep later, research shows. Adequate sleep is important for healthy growth.

- **Delays in developing.** Children who watch too much TV as babies and toddlers can lag in developing social skills, the ability to pay attention, think, and speak. It's important to interact with your child on a daily basis to help him or her learn.

- **Obesity.** For many children, watching TV and snacking go hand in hand. Heavy media use during preschool years is associated with weight gain and a greater risk of childhood obesity, which can include diabetes.

- **Behavior problems.** Children don't always understand the consequences of violence. They may copy the violent behavior they see, which can lead to problems at home, in school or the community.

Digital media exposure, which includes television, should be limited for every child regardless of age.

That's the advice from the American Academy of Pediatrics, which released updated recommendations. For parents, they include:

- ◆ **Ban children younger than 18 months** from digital screens with one exception: video chats. Keep babies away from digital media to protect their brain development and foster stronger parent-child connections.

- ◆ **Choose high-quality programming** if you allow a child 18 to 24 months of age to watch digital media; always watch together.

- ◆ **Limit screen time for children ages 2 to 5** to one hour a day. Find other healthy activities that you can enjoy together as often as you can.

- ◆ **Determine the best amount of screen time** for children ages 6 and older. Monitor what your son or daughter views and does.



**Protect your child by limiting screen time and knowing what content he or she is watching. Better yet, watch together.**