

Why is this important?

Watching too much television and the use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

The use of screens can be habit-forming. The more time kids engage with screens, the harder time they have turning them off as they become older.

Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar and sodium.



Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.

**LIMIT
RECREATIONAL
SCREEN TIME
2 HOURS
OR LESS
EVERY DAY**



**Keep
TV/Computer
out of
bedroom.
No screen time
under the age
of 2.**

MaineHealth

LET'S GO!

5-2-1-0