

Limit Recreational Screen Time



two hours or less of recreational screen time

WHY DOES THIS MATTER?

- **Limiting screen time can help prevent childhood obesity.**^{1,2}

- Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active in later years.^{3,4}

- **Too much screen time puts children at risk for lower reading scores, attention problems, and problems with learning.**⁵⁻⁸ Increased amounts of screen time has also been linked to fewer hours of sleep in teens.⁹

- New screen technologies continue to emerge and become popular, but they aren't simply replacing the old ones. **Time spent with smartphones and tablets have only added to the total amount of time children and teens spend with screens.**¹⁰

References

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