

A dimly lit photograph of a woman and two young children sitting on a bed. The woman is holding a tablet, and the children are looking at it with interest. The scene is intimate and focused on the interaction with the device.

# Healthy Screen Time Habits for Young Children

# Screen Time Recommendations for Babies and Toddlers

- **Under 18 months:** Avoid screen time altogether, except for video calls with family.
- **18–24 months:** If introducing screens, choose high-quality content and co-view with your child to provide context and interaction.

Prioritize real-world play, face-to-face interaction, and adequate sleep for optimal development during these crucial early stages.

# Recommended Screen Time for Preschoolers (Ages 2–5)

Limit screen time to **1 hour per day**, ideally co-viewed with an adult. Choose educational, age-appropriate content that promotes learning and development. Remember to balance screen time with plenty of active, hands-on play and social interaction.

# Choosing the Right Content for Young Children

- Select interactive shows that teach basic skills such as numbers, emotions, and sharing.
- Opt for slow-paced, gentle programs with clear, understandable messages.
- Avoid content that is fast-cut, overstimulating, or heavily reliant on commercials.

# Making Screen Time a Meaningful Experience

- Watch content together with your child and talk about what you see.
- Ask simple questions like, “What did the bunny do?” to encourage comprehension.
- Relate the content to real-life situations, for example, "That's just like your toy car!"

# Recognizing Signs of Too Much Screen Time

- Increased tantrums when screens are turned off.
- Difficulty focusing or reduced interest in other activities.
- Disrupted sleep patterns or skipping meals.
- Less active play and reduced imagination.

If you notice these signs, it may be time to re-evaluate and adjust your child's screen time routine.