

## Screen Time

### *Research Information about the Effects of Screen Time*

American Academy of Paediatrics says that children under 2 should have no screen time due to its effects on brain development.

Over the age of two children should have no more than 2 hours a day of screen time.

75% of brain development happens after birth, 90% of this happens in the first three years of life.

Dr. Fraser Mustard says 'pay now or pay later' invest in your child's experiences and development now or later in life you can have a more difficult time setting limits, routines...etc.

Research shows that the more media that is used in the home, the less communication takes place – this takes away opportunities for developing pre-literacy and language skills.

TV as a background noise is just as detrimental as watching television – consider using music as a background noise instead.

Research has shown that watching television during meal times can lead to delayed social skills and delayed language skills. This is mostly sustained because of the conversation that is being missed out on that usually takes place during meal times.

Furthermore, Penn State researchers Lori Francis and Leann Birch concluded that TV interferes with the natural cues children's bodies send them about whether they are full which can lead them to over eat or under eat.

Research shows that children who have televisions in their bedrooms score lower in school.

**Presented by the York Region Early Literacy Specialists**

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