

JUST ONE MORE REASON TO KEEP SCREENS AWAY FROM LITTLES!

Each day we read about all the issues screens are causing from depression, anxiety, and insomnia in our teens to speech delay and sleep issues in our toddlers. Yet another study is showing issues with development in babies and kids with too much exposure to screen time. At this point we really don't know what "too much" exposure is, but it is pretty clear that anything over an hour is causing serious problems in kiddos under 5 years old.

HERE'S OUR ADVICE:

0-2 years old: absolutely no screen time (meaning no tv, movies, phones, or tablets). Of course, it is ok to Facetime loved ones.

2-4 years old: only 1 hour of screens a day and make it "good quality", such as Sesame Street or a learning television show.

AVOID TABLETS, iPHONES, iPADS UNTIL OVER 4 YEARS OLD. Every day a new study tells us about learning and social delays, sleep issues, behavior problems and screen addiction in toddlers using this form of media.

5 years old and up: max 1-2 hours of screen time per day.

- No cell phones until 13 or 14 years old, or phones only for emergency phone calls.
- No cell phones, tv, iPads, tablets, game systems or computers in kids/teens bedrooms.
- No electronics/screens during meal time.
- No electronics 1 hour before bedtime.



We realize this is radical advice, but we are all witnessing serious health and mental issues, as well as developmental and speech delays directly caused by screens.

Ask your doctor for our *“Get Out and Play”* handout for a list of media free things to do in the Phoenix area. This list is also found on our website.

Together we can make a difference!

Your doctors at GDP