In order to thrive, young children need healthy food, shelter, and plenty of positive interactions with the people who love them. They benefit from being talked to, read to, and played with. Children learn best from hands-on, creative play. They also need time outside and with nature. These early experiences build important life skills like creativity, compassion, curiosity, and constructive problem solving.


There’s no evidence that screen time helps children under 2.


Some studies show that it can even delay learning new words and upset babies’ sleep.


For children over 3, limited use of thoughtfully produced screen media can contribute to learning, especially when a caring adult is involved.


The American Academy of Pediatrics recommends avoiding screen time for children under 2 and suggests limiting screen time for children 2 and older to no more than 1-2 hours per day.


The more time our youngest children spend with screens, the less time they spend interacting with caring adults and in hands-on, creative play, two activities proven to be important for learning.

Too much screen time is linked to learning, attention, and social problems, childhood obesity and sleep disturbances. It also exposes kids to lots of harmful advertising.


Screen media can be habit-forming. Young children who spend more time with screens have a harder time turning them off when they get older.


Even a little exposure to violent, sexualized, stereotyped, or commercialized content can be harmful to children.


For preschoolers, watching just 20 minutes of a fast-moving cartoon show can have a negative impact on attention, the ability to delay gratification, self-control, and problem solving.


Hands-on exploration and play, however, are important for later problem-solving skills in engineering and other fields.


Electronic books in which screen images respond to touch are less likely literacy than traditional books to bring about the kind of adult-child interactions that promote.


A recent study found that only 2% of the 10 best-selling apps for young children in Australia, the United States, and the United Kingdom, could be considered open-ended, creative programs.