

Weaning



**NUTRITION PROGRAM**

## **Switch off screens and play!**

**Did you know? Too much screen time can keep your child from being active and playing, and may interfere with her sleep.**

**2 mins  
to read**

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Some parents believe watching screens can be educational, while others use screens for

entertainment or as electronic child-sitters. However, media usage keeps little kiddies from being active and playing. It may also interfere with your child's sleep.

## What are the guidelines?

Health departments in the US, Canada, and Australia all recommend limited or no television for children under two years of age. Surprisingly, research suggests that parents may not be aware of these recommendations. In one particular study:

- 90% of parents mistakenly allowed their children under two to watch television or use other electronic devices
- some of these children were watching screens for two hours or longer every day
- 40% of three-month-olds were regularly watching videos or television

Simple, active play is far more beneficial than screen time for your child, from her very first days and weeks. You don't need expensive toys or equipment to encourage your child to be active. Make time for brief periods of play and interaction with your little one each day.

### Sources

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