



# Nutrition News



## Too Much Screen Time

### What is Screen Time?

It is time spent viewing content on a computer, cell phone, tablet, television or games console.

### How Much Screen Time is Healthy?

For kids younger than 2 years old, ZERO hours. For kids older than 2, no more than 1-2 hours TOTAL in a day.

### Is Screen Time Bad for Kids?

Several studies have shown that screen-time, especially passive **screen time**, is **almost always harmful to children under two.**

For children ages 2 to 5, **limit screen time to 1-2 hours a day of high-quality programming.**

### What Else Should I Know ?

Unstructured playtime is more valuable for a young child's developing brain than electronic media.

By age 2, children can benefit from certain types of screen time, such as programming with music, movement and stories.

### Important Information

Too much or poor quality screen time has been linked to:

- Being overweight
- Sleep pattern disturbances
- Behavioral problems
- Loss of social skills
- Lower reading scores
- Less time for play
- Consumption of junk food
- Violent behaviors

### What to Do ?

- ★ Turn off the television during meals.
- ★ Encourage everyone to eat and talk together.
- ★ Keep all computers, TVs, cell phone, tablets, iPods and video game consoles out of bedrooms.
- ★ Don't use screen time as a reward.
- ★ Parents and caregivers can set a good example by limiting their own screen time to two hours per day.

### Family Fun Together

- ★ Read stories to your younger children and encourage older children to read books on their own.
- ★ Exercise as a family by taking walks, riding bikes or playing games and sports together.



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### Questions? Ask Your WIC Staff

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