



## Screen time

The use of tablets, computers, cellphones, and TVs has become a trend to keep kids busy while hoping to provide some educational content. It's important for parents to know what their kids are watching and to watch at least some of the programming with them. That way, if things come up that kids or parents have questions about, they can discuss it together.

At a young age, children learn best observing and interacting with adults and other children. Through unstructured playtime, children will learn to think creatively and to problem-solve. They will also develop reasoning and motor through this type of play.

**See the reverse side for more about screen time.**



# Screen time recomendations

All things considered, screen time is inevitable as children age in our society. A few important tips for parents to remember:

- Follow recommended guidelines from the American Academy of Pediatrics on how much screen time is appropriate for children, based on age.
- Ensure screen time is not replacing other important life skills, such as physical activity and real-time interaction with other children and adults.
- Closely monitor all screen-time use for appropriate content.
- Limit nighttime device usage so it does not interfere with sleep.

For more information, visit  
[cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

