Screen Time Guidelines



Recommended screen time

Preschoolers (2-5 years old):
Limit to 1 hour per day of high-quality learning apps or programs

Too much screen time can:

- Affect your child's growth & social skills
- Encourage sitting too much (can lead to obesity)
- Disrupt their sleep



Learn more!

ApSeed
Early Childhood Education
apseed.org

Tips For Healthy Screen Use

- **Set boundaries**: Keep meals and bedrooms screen-free.
- **Watch together:** Make screen time interactive and fun!
- **Encourage play**: Choose physical and creative activities over screens.
- **Be a role model:** Show your kids how to use screens wisely.

Remember: Balance is key!

Use screens wisely
to support your child's
growth and development.



Learn more!

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