



UTAH VALLEY PEDIATRICS



Excessive screen time in children younger than 2 years old is associated with **delayed development.**

Children younger than 2 years old need **hands-on exploration and social interaction** with trusted caregivers to develop language, motor skills, and social skills.

Parent screen time distracts from parent-child interactions and child play.

Excessive parent screen time is associated with decreased interactions between parents and children and may be associated with more parent-child conflict.

Connect with your baby through play.
Talk and sing to your baby. Play with sensory toys. Play peak-a-boo.



Utah Valley Pediatrics recommendations for screen time for children younger than 2 years old...

ZERO SCREEN TIME



The best thing a parent can do is turn off all electronics and simply play with their child.

Families can develop a Family Media Use Plan.

Scan the QR code for more details.