



UTAH VALLEY PEDIATRICS

Excessive screen time in children 2 - 4 years old is associated with **sleep problems and delayed development.**

Children 2- 4 years old need **hands-on exploration and social interaction** with trusted caregivers to develop language, motor skills, and social skills.



Utah Valley Pediatrics recommends:

- Play **inside and outside** with your child.
- Board games, crafts, and **imaginative games** are all fun and **important activities** for your child.
- Teach your child the basics of a **sport**.

Utah Valley Pediatrics recommendations for screen time for children 2 - 4 years old...

LESS THAN 1 - HOUR OF SCREEN TIME PER DAY



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.