Screen Time Hurts Babies

Why does the American Academy of Pediatrics recommend no screen time except for video chatting for kids under 18 months? It is because spending time on screens contributes to developmental problems.

Babies need to move!
Their bodies become stronger and their physical skills develop when they are free to move.
Sitting in front of a computer or TV can lead to delays in children's gross and fine motor skills.

> **More Screen Time =**
> *Fewer social skills +*
> *Less physical development +*
> *Decreased emotional regulation*

Babies need back and forth interactions with loving caregivers.
These interactions are the building blocks for all future social communication.
Kids who spend their early years with too much TV or computers seriously struggle with these basic interpersonal skills.

Babies benefit when they are held while being fed.
Gazing at the person feeding them helps them learn important facial features and expressions which are key to communication.
When the baby is propped in front of a TV or the caregiver is watching TV while feeding the baby, the baby misses out on critical face time.

Babies need a loving person to help them when they are upset.
When children's cries are repeatedly left unanswered, they fail to learn how to regulate their emotions in a healthy way.
TVs and computers drone on regardless of the child's emotional state.

Babies learn through imitation.
They are specifically wired to learn from other people.
While the quickly changing pictures and sounds of TV or computers will keep their attention, they don't provide the right conditions for babies to learn by imitating.

Babies love screens!
Babies are quiet and content while interacting with computers or watching TV. This is why it is so easy to leave young children in front of screens. What's wrong with that if the kids are happy?
When babies spend time on digital devices, they aren't developing their social brain connections, physical abilities and emotional regulation.

Help your baby grow up healthy by avoiding screen time!

Courtesy of Priceless Parenting, http://www.PricelessParenting.com/

Priceless Parenting