

Media

“TV can’t replace traditional developmental play”

Why is TV detrimental?

- It can interrupt healthy sleep patterns or school performance
- Infant TV exposure can delay language acquisition and kindergarten readiness
- TV use at age 3 has been linked to behavior problems and to long term effects on social development, classroom engagement & academic achievement
- AAP shows TV watching as a toddler may lead ADHD later in life

Dos:

- Babies learn better from interaction w/ adults; e.g. Play with them or watch TV together
- Be picky on what TV show your child watches
- Provide other options than watching TV
- Define your limits
- Communicate decisions
- Turn the TV off

