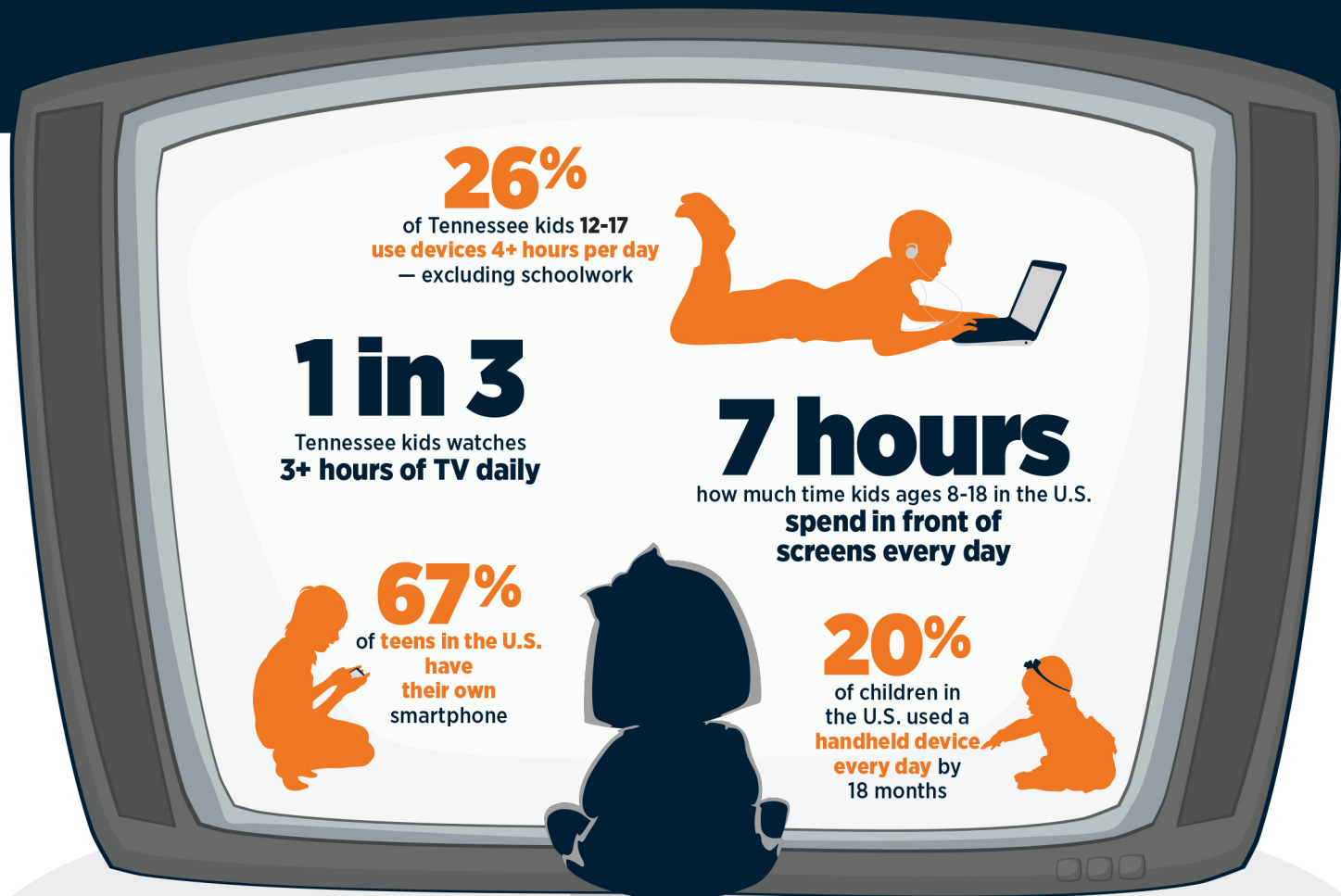


# kids & SCREEN TIME

The more kids use digital media, the less physically active they are — even in preschool. Devices have a purpose, but the long-term effects of screen time are still unknown. Here's what we do know.



For each hour  
watched, kids  
consume 167  
extra calories



Screen time can **disrupt**  
sleep patterns, **increase**  
inactivity, and **decrease**  
concentration in kids  
and young adults



More screen time  
for toddlers correlates  
to **delays in**  
expressive speech



**82%**  
of Tennessee  
households  
have a **computer**

## The American Academy of Pediatrics recommends:



### Under 2 years

No screens except for  
supervised video chat



### 2-5 years

Less than 1 hour per day  
of educational programs  
viewed with a parent



### 6-18 years

Set time limits on  
media usage