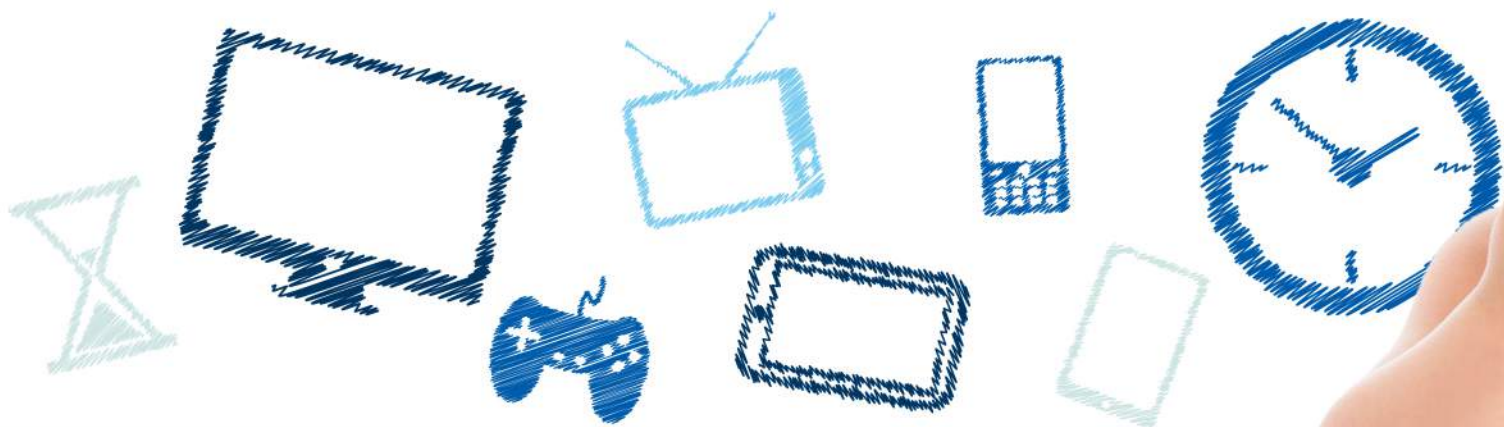


5 MYTHS ABOUT YOUNG CHILDREN AND SCREEN MEDIA

Debunking common misconceptions about the impact of screen use on babies and toddlers



MYTH 1 All screen time is detrimental to early learning.

Although children learn best through hands-on exploration, the reality is that most young children are exposed to screen media at a very young age and can learn from these experiences. **What is most important is that:**

- (1) **content is age-appropriate,**
- (2) **viewing time is limited,** and
- (3) **parents are involved** and help children make the connection between what they see on the screen and the real world.



MYTH 2 Children aren't impacted by TV that plays in the background.

Study after study shows that background TV interferes with children's play and learning. **Exposure to programming not designed for young children, even when it is playing in the background, is associated with a negative effect** on children's language development, cognitive development, and executive functioning.

MYTH 3 TV at bedtime can help lull children to sleep.

Studies have shown that **viewing TV within 2 hours of bedtime can make it harder** for children to fall asleep.

