

Healthy Habits for TV, Video Games, and the Internet

This article is an excerpt from KidsHealth.org.



No doubt about it — TV, interactive video games, and the Internet can be excellent sources of education and entertainment for kids. But too much screen time can have unhealthy side effects.

That's why it's wise to monitor and limit the time your child spends playing video games, watching TV, and on the computer and the Internet.

The American Academy of Pediatrics (AAP) recommends that kids under age 2 have no screen time, and that kids older than 2 watch no more than 1 to 2 hours a day of quality programming.

It's also a good idea to make sure kids have a wide variety of free-time activities like reading, playing with friends, and sports, which can all play a vital part in helping them develop a healthy body and mind. To learn practical ways to make kids' screen time more productive visit: <http://kidshealth.org/en/parents/tv-habits.html?WT.ac=ctg#>



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