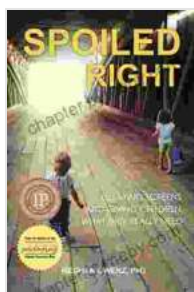


# Delaying Screens And Giving Children What They Really Need

In today's digital age, it's more important than ever to delay screens and give children what they really need. With so many screens available, it's easy for children to become overstimulated and addicted to them. This can lead to a number of problems, including developmental delays, obesity, and sleep problems.



## Spoiled Right: Delaying Screens and Giving Children What They Really Need by Meghan Owenz

★★★★☆ 4.7 out of 5

Language : English  
File size : 3276 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 291 pages  
Lending : Enabled



The American Academy of Pediatrics (AAP) recommends that children under the age of 2 should not be exposed to any screen time. For children ages 2-5, screen time should be limited to one hour per day. And for children ages 6 and up, screen time should be limited to two hours per day.

There are a number of benefits to delaying screens. For example, children who spend less time in front of screens are more likely to:

- Develop their language skills
- Be physically active
- Get enough sleep
- Have healthy social interactions

Delaying screens can also help children to develop their creativity and imagination. When children are not constantly bombarded with images and sounds, they have more time to play and explore their own interests.

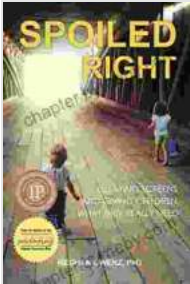
If you're concerned about your child's screen time, there are a number of things you can do to help them reduce it. Here are a few tips:

- Set limits on screen time and stick to them.
- Create screen-free zones in your home, such as the dinner table and the bedroom.
- Encourage your child to participate in other activities, such as playing outside, reading, or spending time with friends.
- Be a role model for your child. If you want your child to limit their screen time, you need to limit your own screen time as well.

Delaying screens and giving children what they really need is one of the best things you can do for their development. By following these tips, you can help your child to grow up healthy and happy.

If you're looking for more information on delaying screens, here are some resources:

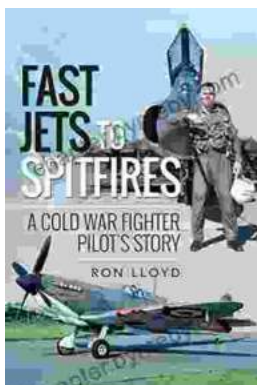
- Screen Time and Children (American Academy of Pediatrics)
- Screen Time (Common Sense Media)
- Screen Time and Children: Tips for Parents (Zero to Three)



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