

# LEARNING TO TALK 2

(2 1/2 TO 5 YEARS)

## 6. Limit TV, Computer & All Electronic Devices



Pediatricians recommend no TV or computer for children under 2, and no more than 1-2 hours of supervised daily screen time for older children.

- TV and electronic games can be entertaining, but *children will not learn the skills they need from screens*. Children's brains are wired to learn from playing and talking with real people.
- Turn off the TV and computer during meals, when visitors arrive, and whenever you are not actually using them. Don't use the TV as background noise.

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