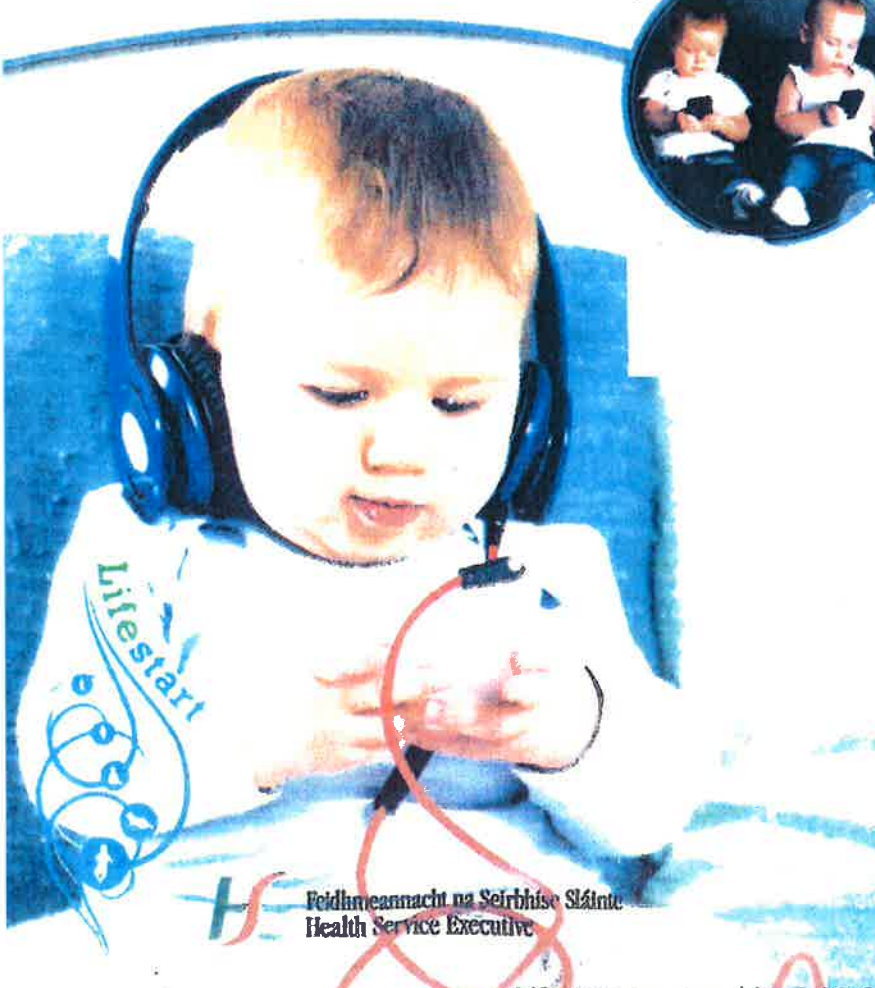


SCREEN TIME FOR CHILDREN



5 Reasons NOT to give Screens to Children

1. **LANGUAGE** Kids who watch screens TALK LATER & LESS
2. **OBESITY** SCREEN TIME DISPLACES ACTIVITY
3. **ATTENTION** Screens are Fast, LIFE IS SLOW
4. **VIOLENCE** MONKEY SEE, MONKEY DO
(children think what they see is real)
5. **SLEEP** Kids who watch screens SLEEP LESS



SCREEN-TIME recommendations

0 - 2 YEARS
NO SCREEN TIME

2 - 5 YEARS
1 Hour per Day

5 YEARS +
1 - 2 Hours per Day

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive