

### Parents Urged to Cut Back on Kids Screen Time

(NRN)-- Many parents today are using their cell phone to help pacify a fussy baby as young as six months of age. This raises the question - what age should children be introduced to screens, be it a phone, tablet, computer or TV. Dr. Holly Roberts is a child psychologist at the Munroe Meyer Institute at the University of Nebraska Medical Center and says it is best to wait until after children turn two to be introduced to screen time. The first two years of life are a time of rapid brain development, when kids learn best.

Dr. Roberts says it is best that children learn from people and not a screen. She says once you introduce the screen, young children should only be exposed to it for a maximum of two hours a day. She says the average teenager spends about 11 hours a day and those 8 to 10 spend at least eight hours a day looking at some sort of electronic device.

Roberts says screen time is becoming more and more of a concern for parents and teachers because screen time has replaced socializing face-to-face with friends and cuts down on their extracurricular activities.

Many Signals Communications