

# preschool



## TOPIC

Faith at  
home

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## Screen Time for Preschoolers

Regular use of screens to entertain children of all ages has led to recent generations having less of a “play based childhood” and more of a “phone-based childhood”. These habits are affecting the mental and physical health of children and teens.

Based on the book, “The Anxious Generation”, here are some guidelines for limiting screen time for preschoolers.

0-18 months	No screen time
18-24 months	Educational programming only with a caregiver
2-5 years	Non-educational screen time of 1 hour on weekdays and no more than 3 hours on weekend days
Family Meals	No screens
Family Outings	No screens
Bedtime	Remove all screens from the bedroom 30-60 minutes before bedtime

Avoid using screens as pacifiers and get your preschooler involved in more play time or allow them to help with tasks around the house.

### Source:

*The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*

by Jonathan Haidt

