Kids and Screens
18–36 months

Have you noticed . . .

Your child has a tantrum when he/she isn’t allowed to have the phone, tablet or tv?

Your child is learning colors, letters or numbers, but has only a few other functional words (such as “go” “mine” “look” or the names of his/her favorite foods or toys)?

Your child has difficulty going to sleep or staying asleep?

Your child can name cartoon characters before they can say family members’ names?

Your child has difficulty paying attention or moves from one toy/activity to another quickly?

Your child has unexplained irritability or becomes frustrated easily?

Your child prefers play with phone/tablet over other kinds of play?

Your child calms easily when given a phone or tablet?

It may be time to rethink the screen!

Screen use in young children is associated with a variety of learning, behavioral and health concerns. Talk to your pediatrician to find out what you can do to rethink the screen!