



SOUTH PEACE CHILD DEVELOPMENT CENTRE
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Facts on Early Childhood Exposure to Technology

- The American Academy of Pediatrics issued statements that children between the ages of 0-2 years not be exposed to any technologies (even background TV), 3-5 years restricted to one hour total technology per day, and 6-18 years be restricted to 2 hours total technology per day (AAP 2001, 2013).
- When a television is used for background noise, children are exposed to about 200 words per hour. A child who strictly communicates with adults and is not competing with the television is exposed to about 941 words per hour (Rowan, 2010)
- Having a television on all day can effect sleep/wake cycles (Rowan, 2010)
- Every hour of technology used per day is associated with a 10% increase of attention difficulties (Christakis, 2007)
- Media violence has been linked to aggressive behaviors in toddlers and school-aged children (Anderson, 2008; Christakis, 2007; Huesmann, 2007).
- Children learn best from real-life experiences. Over-exposure to technology can effect development.

Technology Use Guidelines for Children and Youth

Developmental Age	How Much?	Non-violent TV	Handheld devices	Non-violent video games	Violent video games	Online violent video games and or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	okay	never	never	never	never
6-12 years	2 hours/day	okay	never	never	never	never
13-18 years	2 hours/day	okay	okay	limit to 30 minutes/day		never