### How Screen Time Affects Kids

#### Physical Stress
- Headaches
- Eye strain
- Poor sleep quality
- Blurry vision

#### Mental Struggles
- Poor academic performance
- Social & behavioral issues
- Increased anxiety & depression

#### Long-Term Concerns
- Increased risk of obesity
- Increased risk of childhood obesity

#### Screen Time Statistics
- Up to 5 hrs: 8-12 year olds spend up to 5 hours on screens every day.
- Up to 7.5 hrs: Teens spend up to 7.5 hours on screens each day.

#### Daily Screen Time Recs
- Follow the American Academy of Pediatrics guidelines.

#### What You Can Do
- No screens at family meals or outings.
- Don't use the screen as a babysitter.
- Put screens away one hour before bedtime.
- Use parental controls.
- Keep screens out of bedrooms.
- Go outside and play.

#### Screen Time by Age
- 18-24 Mos: Limit use to educational programs only.
- 2-5 Years: Limit 1 hour or less or weekdays, allow 2 hours or less on weekends.
- Ages 6+: Develop and communicate household screen time rules.

Implement healthy screen-free habits and activities for all ages.

To learn more, visit AllAboutVision.com

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