

Munch Minute

EASY INFORMATION FOR PARENTS



TECHNOLOGY USE

Research shows that as technology use increases, language skills decrease. This is because young children learn best through relationships and interaction with others.

- 1 hour of play, song or reading together means 30% less attention problems.
- NO screen time for 0-2 year olds. Even background TV is discouraged.
- No more than 1 hour of quality TV for 3-5 year olds each day.



Source: Canadian Paediatric Society