

Munch Minute

EASY INFORMATION FOR PARENTS



TECHNOLOGY DOES NOT HELP LANGUAGE

YOUNG KIDS LEARN BEST THROUGH
RELATIONSHIPS AND INTERACTION WITH OTHERS

The Canadian Pediatric Society recommends:

- NO screen time for 0-2 year olds
- MAX 1 hour (good quality programming)
for 3-5 year olds
- TV in the background is discouraged



Source: Canadian Paediatric Society