



May 1, 2023

Hello, and Happy *Early Intervention Month*!

We hope that you and your family are doing well and have gotten to increase your time spent with groups of family and friends as we move into life after the pandemic. Over the last three years, our young children may have been more limited in group activities, and you may have found that you depended on screens to entertain and educate your children more than you typically would have.

We want to share some compelling information on reasons to once again limit or stop screen time altogether for young children. But don't worry, we also have some great alternative activities to recommend!

The American Academy of Pediatrics recommends NO screen time for infants and toddlers up to 18-24 months old, except for perhaps video chatting with a family member, and says that children 2-5 years old should get an hour or less of screen time per day. If you want to hear more about why they have made these recommendations, see the links to further information on the next page.

Of course, we recommend little to no screen time for the children we serve here in EI. One of the mothers we work with had this to say after decreasing her son's screen time on the recommendation of her OT, "His interaction has improved. Making sure he doesn't have too much screen time has resulted in him paying more attention to his papa and me." A minor change with great results!

This short video from Cincinnati Children's Hospital, [Limiting Screen Time: Baby Unplugged | Cincinnati Children's - YouTube](#) does a great job of explaining this. As you will hear, they advocate for children being 'screen free until 3'. Check out <https://pathways.org> for great info on developmental milestones and age-appropriate activities to do with your young children that don't involve use of screens. You can also find some information and ideas here in our handout: [Let's go for a walk.FINAL](#)

If you have a child from birth to 3 years old and have some questions about possible developmental delays and would like to learn more about what our program offers, please give us a call at: 703-792-7879 to speak to one of our Intake Coordinators.

Wishing you all the best,

Ginny Heuple, PT

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Program Manager ITC of Greater Prince William / Early Intervention

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