

# ASK I-LABS

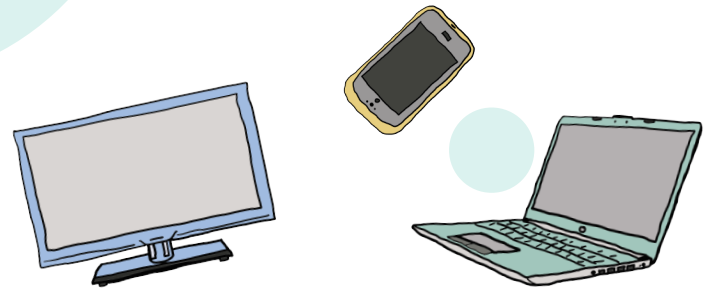
## SHOULD I WORRY ABOUT SCREEN TIME?

Young children don't learn much from screens, but a limited amount of age-appropriate screen media is fine. Balance screen use with quality, face-to-face time with your child.



## How much screen time should I allow my child?

It's more important to think about when and how you use screens rather than setting strict time limits. When possible, interact with your child around the screen. Choose screen-free times and spaces such as mealtimes and bedrooms. It's also important to model good screen media behavior yourself.



## Do kids learn from educational apps and videos?

Many screens don't naturally have the back-and-forth, social interactions that are necessary for learning. Adults can add in social interactions by engaging with children during screen time. Use screen media as a tool to enhance and expand play. This is called joint media engagement. With or without screens, children learn best through strong relationships and face-to-face interactions.

## What about video chat?

Young children learn through video chat just about as well as they learn from in-person interactions. This is because video chat allows for the kinds of social, back-and-forth interactions that drive learning. So, go ahead and video chat with Grandma!

Visit  
[outreach.ilabs.uw.edu](http://outreach.ilabs.uw.edu)  
To Learn More

INSTITUTE FOR  
LEARNING  
& BRAIN  
SCIENCES