

Screen**time**

What to watch & WHY



What to know:

Excessive early screen time may reduce attention span development by limiting imaginative play, joint attention, and real-world interaction opportunities.

Experts recommend no screens under 18-24 months and under 1 hour daily for children ages 2-5 years.

In children with autism, excessive screen use may increase rigidity, transition difficulties, and emotional dysregulation during non-preferred activities.

Heavy screen exposure may interfere with sensory processing by replacing movement, tactile exploration, and interactive environmental experiences.

Research links excessive screen time with delays in language, social communication, executive functioning, and emotional regulation development.

HOW TO HELP

1. **Reduce** screen time
2. **Prioritize** connection and exploration
3. **Know the difference** between **low**-stimulation and **high**-stimulation options.

THE DIFFERENCE

Why low and high-stimulation differences matter

Low stimulation viewing supports regulation and attention, while frequency high-stimulation viewing may increase dysregulation, overload, and attention difficulties.

HOW TO TELL

High

- Rapid shifts in scenes & colors
- Bright & vibrant
- Fast-paced music & sounds
- Frequent singing & sound effects
- High-energy characters

Examples:
Cocomelon
Blippi
Paw Patrol

Low

- Slower, rhythmic speech & music
- Softer, muted colors
- Smoother transitions between scenes
- Simple plots & characters

Examples:
Daniel Tiger
Bluey
Curious George