

Effects Of Binge-Watching TV On Your Toddler And Tips To Overcome



Potential Effects



Affects cognition, verbal IQ, and emotions

Dulls their imagination



Can affect performance in school

Hampers sleep by decreasing melatonin



May increase obesity and causes health problems

Ways To Combat The Effects Of TV



Limit screen time to one or two hours per day

Prioritize social interaction



Make them watch educational channels

Encourage bedtime reading



Promote physical activities

References

- 1 Media and Young Minds; American Academy Of Pediatrics
- 2 What Happens When We Shield Kids from Boredom; University of California, Berkeley