



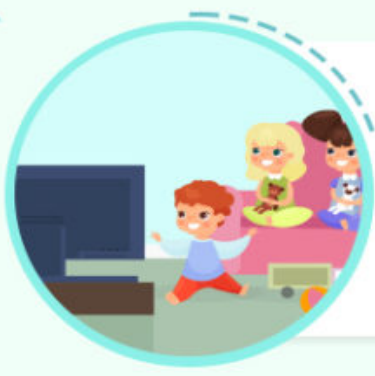
Experts' Take On

# Babies' Screen Time



According to UNICEF, screen time hampers babies' abilities to learn social skills and read faces, making them less empathetic.

The American Academy of Pediatrics recommends that babies younger than 18 months should not get any screen time, apart from video chatting with family members.



Research suggests that when children younger than two years are continuously exposed to television, they fail to learn live interactions.

Dr. Dimitri Christakis, an international expert on children and media and a pediatrician from the Seattle Children's Hospital, mentions that babies' early experiences with media devices significantly reduce their brain development.



A study suggests that infants learn more promptly through real interactions than through television. This is because they fail to transfer the new learning from 2D representation on the screen to 3D objects in real life.

Research on the effects of TV exposure indicates that infants younger than 12 months, if exposed to more than two hours of TV per day, develop significant language delays.



## References

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