

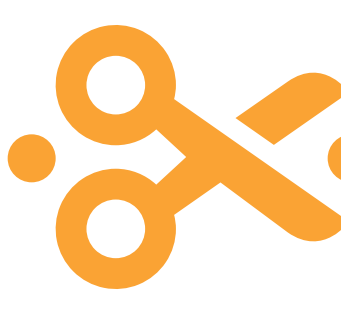
# KixCare TIPS

## Should I Avoid Screens When I'm With My Baby?



The recommended amount of screen time depends on a child's age.

- 1** Children **under 2 years** should **not have any screen time** and those **under 5 years** should have **less than two hours a day**.
- 2** Putting music or other learning shows in the background but not allowing the baby to watch them is okay.
- 3** Screen time has been linked to lower levels of physical fitness and problems with mental health and social development.



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