

# Kids and Screens

## 18-36 months

Have you noticed . . .

- Your child has a tantrum when he/she isn't allowed to have the phone, tablet or tv?
- Your child is learning colors, letters or numbers, but has only a few other functional words (such as "go" "mine" "look" or the names of his/her favorite foods or toys)?
- Your child has difficulty going to sleep or staying asleep?
- Your child can name cartoon characters before they can say family members' names?
- Your child has difficulty paying attention or moves from one toy/activity to another quickly?
- Your child has unexplained irritability or becomes frustrated easily?
- Your child prefers play with phone/tablet over other kinds of play?
- Your child calms easily when given a phone or tablet?

**It may be time to rethink the screen!**

Screen use in young children is associated with a variety of learning, behavioral and health concerns. Talk to your pediatrician to find out what you can do to **rethink the screen!**