

THE SCIENTIFIC REASONS

To Delay iPads & Tablets for Children

DELAYED LANGUAGE DEVELOPMENT

Excessive screen time in early childhood is linked to delayed speech and language development. Young children need face-to-face interactions and verbal engagement from caregivers.

IMPAIRED SOCIAL SKILLS

Screen time replaces crucial social interactions needed to learn non-verbal facial expressions, interpret tone, and develop empathy.

ATTENTION & FOCUS DEFICIT

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UNDERDEVELOPED FINE MOTOR SKILLS

Swiping and tapping do not provide the same fine motor skills as activities such as drawing, building with blocks, or using scissors.

POOR SLEEP QUALITY

The screen's blue light suppresses melatonin production, disrupting children's natural sleep cycle. The allure of the screen can also lead children to sneak screen time in the middle of the night.

DECREASED CREATIVITY & IMAGINATIVE PLAY

Passive consumption of content limits opportunities children have for unstructured play, which is crucial for cognitive development, problem-solving skills, and fostering creativity.

ALTERED EMOTIONAL REGULATION

Tablets are often used as babysitters or pacifiers, preventing children from learning how to self-soothe, entertain, cope, or regulate their emotions in a healthy way. This leads to frustration, tantrums, entitlement, and anxiety

