According to the American Academy of Pediatrics, children average seven hours a day of screen time; including televisions, computers, smart phones and tablet computers. Although some screen time can be educational, too much of it may have a negative effect on a child’s development and overall well-being. Join Board-Certified Pediatrician, Whitney Bethel Morgan, MD as she discusses the pros and cons of screen time in young children.

**DATE & TIME**

Wednesday, July 17th • 1:30pm - 2:30pm

**LOCATION**

Seguin Public Library

**TOPIC**

Screen Time

There is no denying that putting in a DVD or offering a game on a smart phone can provide a convenient distraction for a child. And while this may be true, an excess amount of screen time can increase the risk of inconsistent sleep, obesity, as well as problems with behavior and attention.

**Why is it important to limit a child’s screen time:**

- A child’s creativity and imagination can be hindered
- Social and emotional development can be stunted
- Large and fine motor skills are not being developed
- Quality of sleep can be negatively affected