



Prevent “Too Much Screen Time” from Early Childhood.



It is known that older children (elementary and junior high students) who spend too much time on media often started this habit during their baby and toddler years. Have you ever been so focused on your smartphone that you didn't notice your baby's interests or safety? Do you use baby calming apps whenever your baby is cranky or crying?

Let's avoid excessive screen time
for both parents and children!



☆Important things to keep mind.

- *Infants actively explore their environment using touch, smell, and taste, in addition to vision and hearing. Please encourage interactions that engage all five senses, and keep media screen time to a minimum.
- *If they watch media, limit the time. Up to about 30 minutes per session.
- *If they fuss when the video stops, help them transition by offering the next activity, such as playing with stickers or going to the park.
- *For children aged 4 to 5 who can understand rules, agree on limits before watching -like “Until [time]” or “Just this video.” Aim for under 2 hours of total screen time per day.

