

The American Academy of Pediatrics recommends no more than one hour per day for children 2–5 years of age.
Children with developmental delays may be the most vulnerable to the negative impacts of excess screen time.

Our study looked at children who were
36 months old



whose family history gave them an **increased likelihood of autism, ADHD, or language delays.**

We assessed their behavior and put them in one of three groups:

Autism
diagnosis

ADHD
symptoms

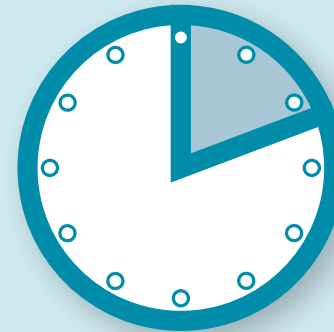
Comparison
(no ADHD or autism)



Parents kept track of how much time their child spent watching TV, movies or online videos.



Children in all 3 groups had **more than the daily recommended screen time**



Children with more symptoms of inattention & hyperactivity had the **most screen time.**



Compared to their peers, children with more screen time had **lower language scores** in all three groups

Our study did not look at the **cause** of these links.



We don't yet know if more screen time results in language delays or symptoms of inattention and hyperactivity OR if having these traits causes children to engage in more screen time.



Our results do show that children at higher risk for neurodevelopmental conditions have negative associations with screen time.