



Screen Time and Early Childhood Development

Summary of Panjeti-Madan & Ranganathan (2023)

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Academic Insights

This review examines screen time effects across cognitive, language, physical, and socio-emotional domains in young children. Findings indicate mixed outcomes, with both benefits and risks depending on exposure patterns.

Excessive screen time is associated with issues such as reduced attention span, sleep disruption, and delayed language development. However, educational and interactive content can support learning when used appropriately.

The study emphasizes the importance of age-specific guidelines and parental monitoring, recommending strict limits, especially in early childhood.

Apply This Now

Follow age-based screen time guidelines and prioritize active, supervised use.

Add This

Encourage alternative activities like play, reading, and social interaction.

Avoid This Mistake

Avoid early and prolonged exposure to passive screen content in young children.

Keywords

early childhood, screen time, development, language, cognition

Reference

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