

## Mayo Clinic Minute

### How much screen time is too much?

Video	Audio
<b>Vivien Williams</b>	In this society, screens are everywhere. But how much screen time is too much for kids? It depends on a child's age.
<b>Angela Mattke, M.D.</b> <b>Pediatric and Adolescent Medicine</b> <b>Mayo Clinic</b>	“The recommendations are really to minimize screen time in children before age 2. Between ages 2 and 5, we would recommend you keep the screen time to one hour or less per day. And in children older than 5, we recommend trying to minimize a recreational or enjoyment-related screen time to two hours or less per day.”
<b>Vivien Williams</b>	Dr. Angela Mattke says two hours or less a day applies to teens, as well. But the recommendations do not include educational-related screen time.
<b>Angela Mattke, M.D.</b>	“I would use the screen time as a reward. Try not to use it as a punishment.
<b>Vivien Williams</b>	Dr. Mattke says, in limited amounts, the social aspect of screens can help teens feel connected. Too much screen time may interfere with sleep, increase the risk of depression, and increase the risk of obesity.
<b>Vivien Williams</b>	Dr. Mattke says the best way to help kids manage screen time is to be aware and communicate with them. For the Mayo Clinic News Network, I'm Vivien Williams.