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Mayo Clinic Minute

Why kids need to play

Video	Audio
Vivien Williams	Young kids need to play. That's according to a new American Academy of Pediatrics report. Mayo Clinic's Dr. Angela Mattke agrees in the power and benefits of unstructured playtime.
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"We want them to be learning through play. Unstructured play is the best way that they can learn their developmental skills. They can learn social and emotional regulation. They can learn how to relate and problem-solve with other children."
Vivien Williams	Dr. Mattke says good old-fashioned playtime not only helps children develop social skills, but also it helps with language skills and with stress relief. And in a world where screens are everywhere, Dr. Mattke says it's important to make sure to turn them off.
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"There's a lot of different areas that too much screen time can affect the health of children. So the first one would be sleep. We see it from young children all the way up to teenagers."
Vivien Williams	Too much screen time is associated with being sedentary, and moving is important for good health. So turn off the TV, put down the screens, and let the children play.
	For the Mayo Clinic News Network, I'm Vivien Williams.