

Mayo Clinic Minute: Mayo Clinic expert on screen time do's and don'ts for your toddler's brain

Video	Audio
	Smartphones, TVs, tablets ... screens are everywhere, making it easier than ever for smaller screens to get into smaller hands.
Nusheen Ameenuddin, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"The main concern that we have with screens and younger children is the fact that screens oftentimes do not provide the same level of educational or interactive back-and-forth input that they need for language development."
	Studies have shown that even supposedly educational content for children under 2 years old can potentially have a detrimental effect on language development and ability to build social skills.
	Dr. Nusheen Ameenuddin says, while there's no strong benefit of technology to kids under 2, there are exceptions to the "no screen time" recommendation.
	"That doesn't mean that families can't have video chats with relatives. That's just as important for grandparents and other relatives as it is for young children."
	"We know that it's hard for parents, and I don't want anyone to feel bad or to feel guilty. I think the best thing to do is just remember that most things in moderation are OK."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.