

Tablet use and manifestation of anger in toddlers



Pediatric recommendations



Before 2 y-o

No screen



Between 2 to 5 y-o

1h / day maximum

According to our study...



73 minutes of daily tablet use at 3.5 years old increases manifestations of anger one year later.



A high manifestation of anger at 4.5 years old increases tablet time at 5.5 years old.

In case of anger...

- Avoid using screens to calm children who are experiencing outbursts of anger and frustration.
- Talk with your child about the emotions they are feeling.

