

# Screen time and self-regulation in preschoolers

## self-regulation ?

The capacity to regulate emotions, thoughts and behaviors to adapt to the demands of the environment.



## Recommendations

- no screen exposure before age 2.
- max 1h/day between age 2 and 5/



32%

## According to our study...

- 32% of children were exposed to screen 4h/day or more.
- More screen time at 3.5 years was associated with less self-regulation at 4.5 years.

## Explaining mechanisms

More screen time deprives child of the experiences he or she need to develop self-regulation (e.g. imaginary play).



## Solutions ?

- Limit media use to no more than 1 hour / day
- Establish limits from an early age that encourage the adoption of healthy media habits.