



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

[Healthy Children](#) > [Family Life](#) > [Media](#) > Where We Stand: TV Viewing Time

Family Life

Like 0

Where We Stand: TV Viewing Time

The first two years of your child's life are especially important in the growth and **development of her brain**. During this time, children need positive interaction with other children and adults. This is especially true at younger ages, when learning to talk and play with others is so important.

Until more research is done about the effects of screen time on very young children, the American Academy of Pediatrics strongly **discourages television viewing** for children ages two years old or younger, and encourages interactive **play**.

For older children, the Academy advises no more than one to two hours per day of educational, **nonviolent programs**, which should be supervised by parents or other responsible adults in the home.



Last Updated 7/30/2012

Source [Caring for Your Baby and Young Child: Birth to Age 5 \(Copyright © 2009 American Academy of Pediatrics\)](#)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

[topic landing page](#)