

# LEARNING TO TALK

**(BIRTH TO 2 1/2 YEARS)**

## 7. Limit TV & Computer

Pediatricians recommend no TV or computer for children under 2, and no more than 1-2 hours of supervised daily screen time for older children.



Research on early brain development shows that babies and toddlers have a critical need for direct interactions with their parents and caregivers. Their brains are not wired to take in fast-paced language and visual images.

There are so many other fun things your child could be doing.

Call **1-888-503-8885** or visit us at **[www.language-express.ca](http://www.language-express.ca)** for more information.

