



Extraordinarily Committed to Enrichment in Language & Literacy

The Impact of Screen Time on Language Development



Robust language development is an important aspect of social and academic success for deaf or hard of hearing children. Children and students develop language through rich experiences, one-on-one interactions, motor activities (rolling, climbing, hanging, digging, etc.), exploring objects and places, signing/talking with caregivers, and playing (particularly outdoors).

Excessive screen time impacts the ability to develop language naturally. While we live in a society where screens play a role in our daily lives, it is important to find a balance. [Fair Play for Kids](#) has provided some statistics that are counter to recommendations for children of young ages:

- **By age 3 months, 40% of infants are watching screen media regularly.**
- **64% of toddlers watch over 2 hours of videos per day; 36% have a TV in their bedroom.**
- **42% of young children have their own mobile device.**
- **56% of parents of young children believe baby videos are beneficial for development.**
- **49% of children under 8 often use screens in the hour before bedtime.**



In today's learning environment, some technology skills need developed to function within educational settings (drop and drag, navigating websites, finding information, etc.). With balance, screen time can add enhancement to a child's knowledge. To be most effective, adults and children should use technology together initially and screen time should be monitored by adults as the child grows. The American Academy of Pediatrics has recommendations on screen time.

<https://www.apa.org/monitor/2020/04/cover-kids-screens>

Consider implementing "mindful screen time" practices in your home or classroom.

You can find a family media plan at:

[HealthyChildren.org](https://www.healthychildren.org)



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