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by setting boundaries on ipad use you can ensure that your child is not spending too much time in front of a screen encouraging alternative activities for your child while ipads can be a great tool for

feb 27 2025 by age 2 most kids are spending about 2 5 hours a day using technology five to 8 year old children spend an average of about 3 5 hours a day looking at screens

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apr 23 2025 too much screen time for kids can impact both their physical development and mental health too much screen time symptoms can look like obesity issues with attention lower grades

aug 6 2025 you can start by determining how much screen time is too much based on your kids ages and individual needs and then have a family discussion to set reasonable goals and time limits use

nov 4 2025 it goes up from there by age children aged 8 to 10 spend on average 6 hours a day and 11 to 14 year olds 9 hours a day while older teens 15 to 18 use screens for an average of 7 5

oct 1 2024 if you re worried that your child is spending too much time in front of screens you re not alone here are the current recommendations on screen time for kids

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