Today’s piece was prepared by Ana Flores, MD, from a CNN article [Little evidence that screen time is harmful for kids, say doctors](https://www.cnn.com/2019/01/04/health/screen-time-guidance-children-gbr-scli-intl/index.html)

This article focuses on the new screen time guidelines published by the Royal College of Pediatrics and Child Health in the UK, which deviate from previous guidelines that have recommended limiting screen time for kids based on age. The new guidelines avoid setting limits and instead focus on families negotiating screen time with their kids. According to the article, the new report also states that even though screen time is associated with negative health outcomes, there is no way to know if they are directly affected or if there are other factors causing both negative health outcomes and higher screen time. The report criticizes past guidelines by the AAP and states that these guidelines are not fully evidence-based, and they don’t recognize the potential benefits of digital screens. The president of RCPCH, Russell Viner, said that AAP’s guidance was “out of step with the modern world” and calls for more research needed to understand the benefits that can come out of screen time.

The article provides a brief summary of the new guidelines that were published in the UK regarding screen time for kids. This article is interesting because the author does not give an opinion; however the author focuses more on the new guidelines and did not really discuss AAP’s guidelines. This can be problematic because it is well known that heavy media use is associated with negative health benefits including increases in BMI, decreased sleep, and cognitive, language, and social delays. The article can be confusing for a parent who is trying to figure out what to do about screen time with their kids and it might lead them to believe that there is no evidence pointing to negative consequences of screen time.

**RESOURCES ON SCREEN TIME:**

[Where we stand: Screen Time](https://www.healthychildren.org/English/family-life/Media/Pages/Where-We-Stand-TV-Viewing-Time.aspx) *AAP, from Healthy Children. This provides a good resource for parents with a brief summary of the AAP recommendations*

[Create Your Family Media Plan](https://www.healthychildren.org/English/media/Pages/default.aspx#wizard) *AAP, from Healthy Children*

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