**BBC Radio Asia**

10/26/2016 04:57:59 AM

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the American Academy of Pediatrics has announced new screen time guidelines for children aged up to two it had recommended that children have absolutely no screen time before the to but it now says children aged over 18 months can use of video chat and 18 months to 5 year olds can watch high quality programmes was apparent like sesame Street game risky as the lead author of the report media a young minds and she told me why the guidelines have been relaxed the Pru guidelines that came out in 2001 really discourage any technology used any screen use under the age of two and this was based on consent for more harm than good at that age and then from 8 to enough but they monitored and periods when it took about two hours per day and really watch was clear then monitor what kids are doing but since that time media has changed so much there's so many different types of digital tools that kids could be

using cell we felt an update was necessary N N a new look at the literature to see if we could make more evidence based set of recommendations appearance to follow so you cannot always with these recommendations about children 18 months and Alder be able to do video chat I'm what would be the point is the harm in that obviously you're recommending as good not see any harm in terms of video telling her escaping now we're we're experts always say that at any age even infancy when and inventive mind is not ready for a symbolic thinking and understanding but a two dimensional image on the screen means something in the real world we still don't discourage it was said absolutely fine at any age and any act because it promotes relationships that helps people who have appeared to be deployed to keep in touch with grandparents and other or other family members were concerned about and

you are excessive use of 9 educational television in infancy and under 18 month is that it's been associated with Earth chorus sleep later sleep on certain and a slight increase in BMI and risk of obesity later in life and even deer deficit and executive functioning which is a in a part of our cognitive development that really starts in the 1st year of life but really starts to recover in Earth 2nd of their fear of life and that controls are empowered of impulse control our attention span are self regulating all these girls really crucial her school's success up and the Sun rises this morally here Harman at 7 45