

## Children and Screens – level 1



**The World Health Organization** makes new **guidelines**. The guidelines are for children's parents. The guidelines say what many parents already know.

The guidelines say that children should move more. They should sit down less.

Children should get enough sleep. Children between 1 and 4 years old should

move three hours a day or more. Babies younger than 1 year old should move

some times of the day, too. Children between 2 and 4 years old should not

watch an **electronic screen** more than one hour a day. Children younger than 2

years old should **not** look at electronic screens **at all**.

**The World Health Organisation**

**guideline**

**electronic screen**

**not ~ at all**

世界保健機関

指針・ガイドライン

電子画面

まったく ~ ない