

Two or more hours of daily screen time tied to lower well-being in preschoolers

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Among U.S. preschoolers, two hours or more of daily screen time are associated with lower psychological well-being, according to a study [published](#) online March 5 in *JAMA Network Open*.

Soyang Kwon, Ph.D., from the Northwestern University Feinberg

School of Medicine in Chicago, and colleagues evaluated [screen time](#) in the prepandemic (2018 and 2019) and pandemic (2020 and 2021) periods to examine the relationship between screen time and psychological well-being among young U.S. [children](#) aged 6 months to 5 years.

The analysis included daily screen time reported by 48,775 participants' primary caregivers participating in the 2018 to 2021 National Survey of Children's Health.

The researchers found that among children living in poverty ([federal poverty level](#)

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