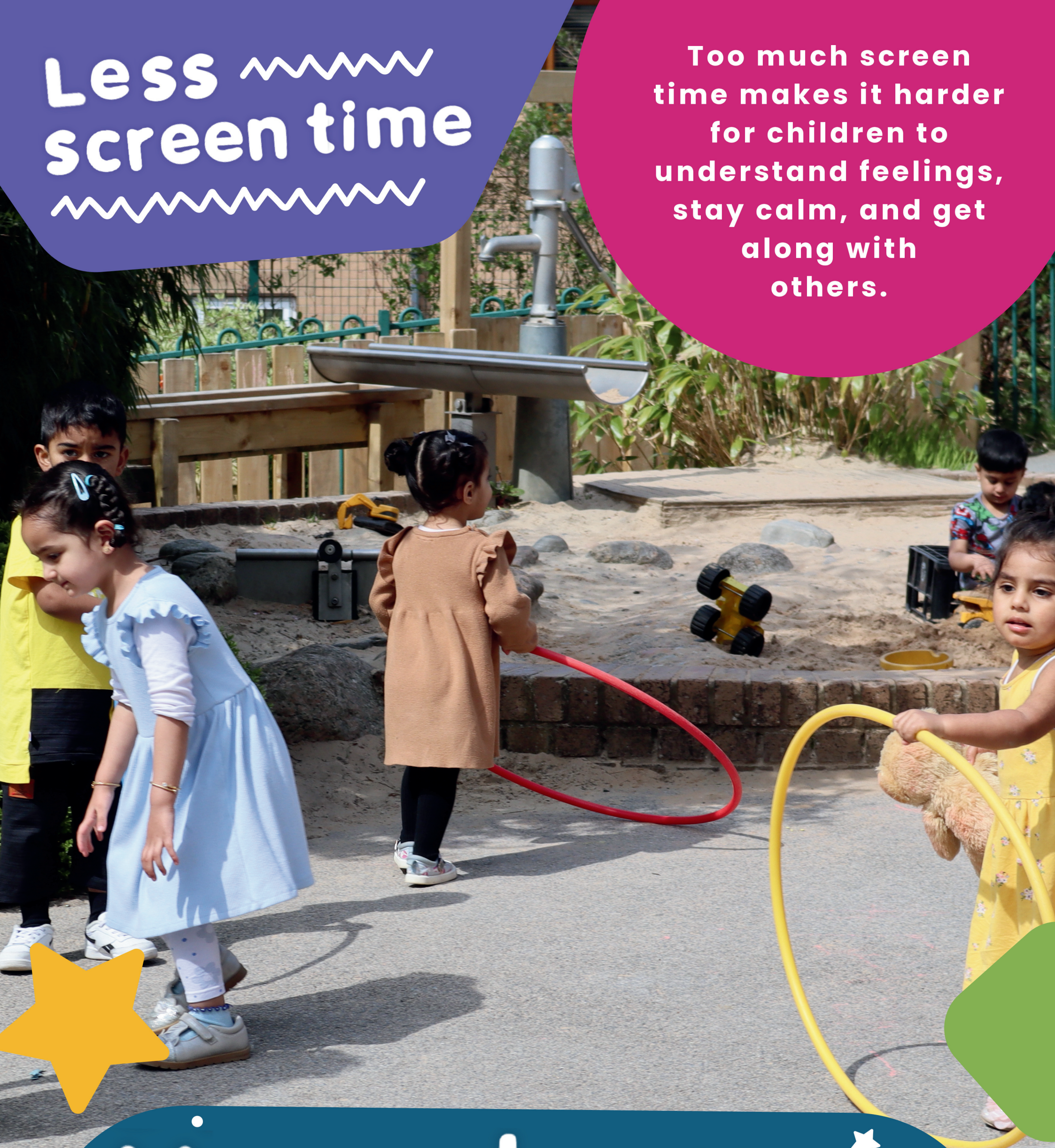# Less screen time

Too much screen time makes it harder for children to understand feelings, stay calm, and get along with others.

More play time

Playing with others helps children learn to take turns, manage their emotions, and solve problems.

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#2
Where Am I?