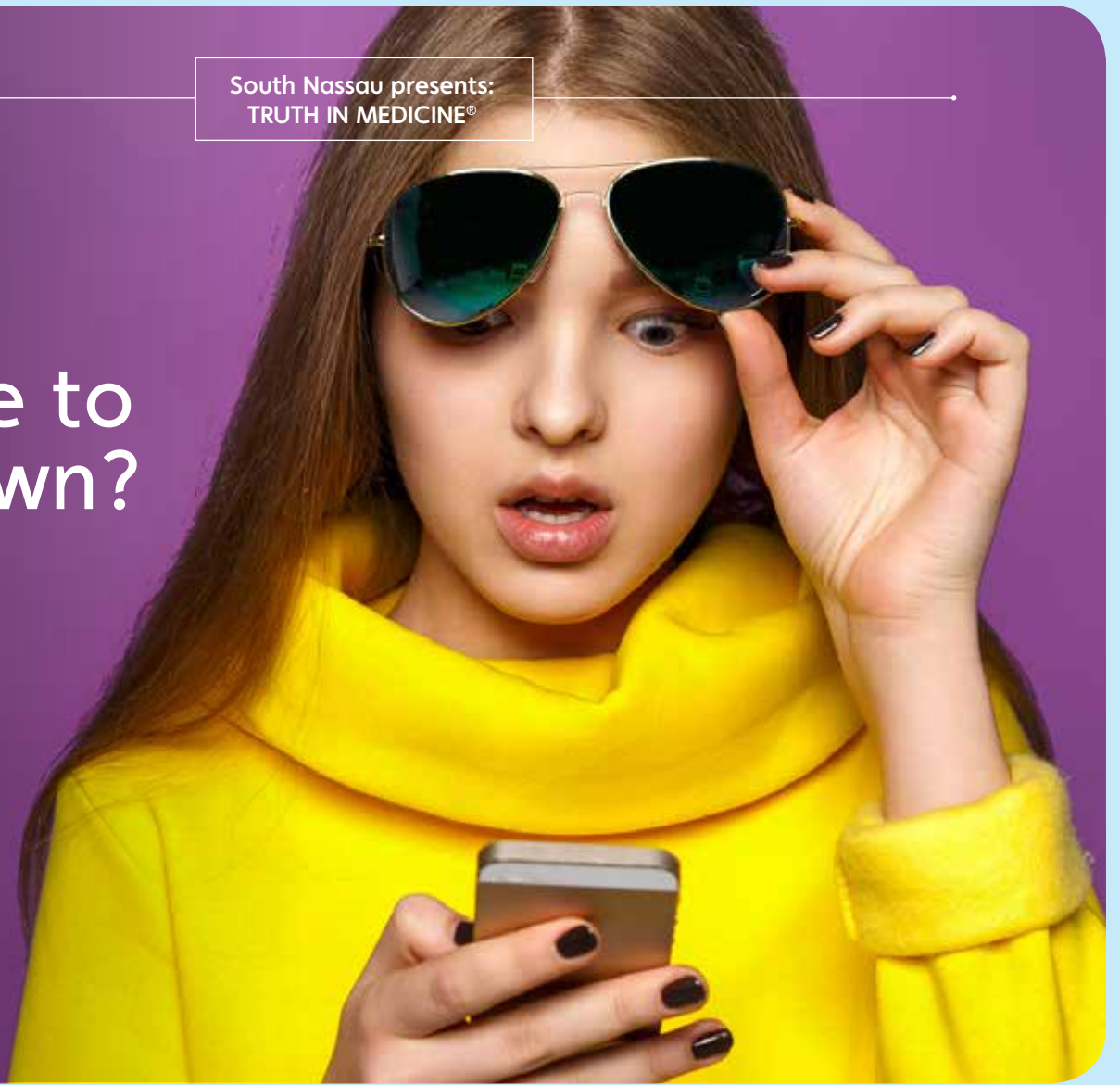


South Nassau presents:
TRUTH IN MEDICINE®

Is it time to shut down?



TOO MUCH TIME ON SMARTPHONES AND TABLETS CAN DAMAGE KIDS' DEVELOPMENT.

Sixty-five percent of metro-area kids are spending three hours or more a day on screens for nonacademic purposes and 22 percent are glued to screens for five or more hours, according to a recent **South Nassau Truth in Medicine Poll**, sponsored by Bethpage Federal Credit Union. Too much screen time — especially in young children — can delay cognitive, language, social and emotional development. Parents can take charge, not only by limiting children's screen time, but by keeping their own mobile use and media habits in check.

For more poll results and information on how to limit your child's screen time, visit southnassau.org/truth.



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where quality matters

For more poll results and information about screen time use,
call 877-SOUTH-NASSAU or visit southnassau.org/truth.

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