# Article information:

The factors associated with toddlers’ screen time change in the STEPS Study: A two-year follow-up - ScienceDirect  
<https://www.sciencedirect.com/science/article/abs/pii/S0091743515003874>

# Article summary:

1. The use of screen time, including watching TV and using technological devices, is increasing among toddlers.

2. The American Academy of Pediatrics recommends limiting screen time for children over two years old to one to two hours per day.

3. Parental screen time and physical activity habits are associated with children's screen time change, with maternal screen time having a stronger impact.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled "The factors associated with toddlers’ screen time change in the STEPS Study: A two-year follow-up" discusses the factors that influence toddlers' screen time habits and their potential impact on children's health. While the article provides some valuable insights, there are several limitations and biases that need to be considered.

One potential bias in the article is the reliance on self-reported data from questionnaires completed by parents. Self-reporting can be subject to recall bias and social desirability bias, leading to inaccurate or biased information. Additionally, the study only includes data from a specific region (Southwest Finland), which may limit its generalizability to other populations.

The article also presents a one-sided view of screen time, focusing primarily on its negative effects such as increased risk of obesity. While it briefly mentions some potential benefits of TV viewing, such as educational outcomes and language skills, it does not provide a balanced discussion of both the positive and negative aspects of screen time.

Furthermore, the article lacks sufficient evidence for some of its claims. For example, it states that early childhood excessive screen time can lead to obesity and lower academic performance without providing concrete evidence or citing specific studies to support these claims. This lack of evidence weakens the credibility of the article's arguments.

The article also fails to explore counterarguments or alternative explanations for its findings. It suggests that parental physical activity is not associated with children's screen time change but does not consider other factors that may influence children's sedentary behavior, such as parental attitudes towards screen time or access to screens in the home environment.

Additionally, while the article acknowledges that there may be other independent factors influencing children's sedentary behaviors, such as genes, it does not delve into these factors or discuss their potential impact. This omission limits the comprehensiveness of the analysis.

Another limitation is that the article does not address potential risks associated with reducing screen time too drastically. It is important to consider the potential negative effects of completely eliminating screen time, as this may limit children's exposure to educational content or social interactions facilitated by screens.

Overall, the article presents a limited and biased view of toddlers' screen time habits and their potential impact on health. It relies on self-reported data, lacks evidence for some claims, fails to explore alternative explanations, and does not provide a balanced discussion of both the positive and negative aspects of screen time. Further research is needed to draw more reliable conclusions on this topic.

# Topics for further research:

* Factors influencing children's sedentary behavior other than parental physical activity
* Benefits of screen time for toddlers' educational outcomes and language skills
* Potential risks of completely eliminating screen time for toddlers
* Genetic factors influencing children's sedentary behaviors
* Counterarguments to the claim that excessive screen time leads to obesity and lower academic performance in early childhood
* Generalizability of findings on toddlers' screen time habits to other populations

# Report location:

<https://www.fullpicture.app/item/048442b58d9c2663901b4a455b648d31>