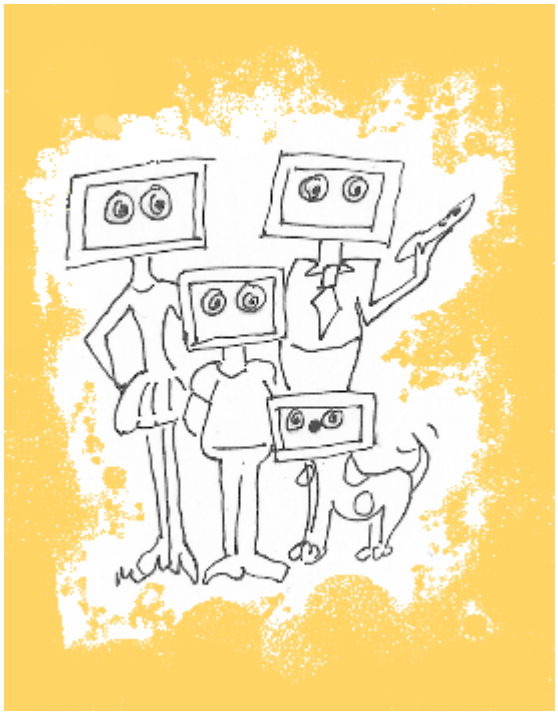
Screen time for kids: How much is too much?



When Dr. Lai’s niece was in preschool she would complain of headaches- the culprit? Too much screen time and the need for glasses. Check out the post that Dr. Lai contributed to Children’s Hospital of Philadelphia’s *Health Tip of the Week* on screen time for kids.

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