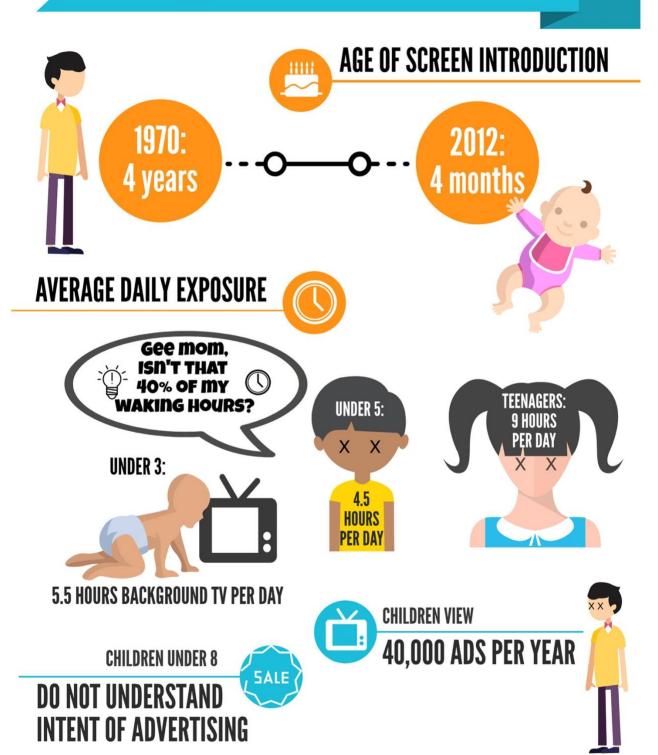
LIMITING CHILD SCREEN-TIME





WHY IT MATTERS





Run by a psychologist and her husband, this counter-culture website summarizes decades of research, offers helpful advice an provides an ever-growing list of S.P.O.I.L. screen-free activities.



SWAAT THE SCREEN-TIME



STUDIES SHOW: EXCESSIVE SCREEN TIME CAN HARM CHILDREN

S

OVER 67 STUDIES PROVE: SCREEN TIME RESULTS IN GOING TO SLEEP LATER AND SLEEPING LESS

87% of teenagers get less sleep than recommended by physicians.



SLEEP



Screen time displaces physical excersize
1 HR OF TV = 2 ADDITIONAL LBS BODY FAT



WEIGHT



ENTERTAINMENT TELEVISION CAUSES SIGNIFICANTLY WORSE PERFORMANCE ON TASKS THAT REQUIRE:

IMPULSE delayed planning CONTROL gratification



ATTENTION



300+ Studies over 50 years show: TV VIOLENCE MAKES KIDS MORE AGGRESSIVE

94% of popular electronic games



AGGRESSION



KIDS REGULARLY VIEWING SCREENS PRIOR TO AGE 2 MAY TALK LATER AND LESS

INFANTS UNDERSTAND 6-8 FEWER WORDS PER HOUR OF EDUCATIONAL VIDEOS VIEWED



TALKING



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PRETEENS WHO SPENT JUST 5 DAYS WITHOUT SCREENS SHOWED:



IMPROVEMENTS IN SOCIAL SKILLS (READING NONVERBAL EMOTIONAL CUES)

HOW YOU CAN DO IT











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THE FOLLOWING ACTIVITIES HAVE POSITIVE RESEARCH BACKING AND NO NEGATIVE SIDE EFFECTS (UNLIKE SCREENS)



Bond with your kids over social activities





Spending quality time with children is associated with increased attachment, one key for emotional developmentt



Encourage free play (kid directed, no instructions)





Free play is associated with development of language skills, creative problem solving, and social skills.



Get outside!





Getting outdoors is associated with positive mood, better sleep, and increased executive functioning, including improved attention span.









Children develop independence, pride, and a sense of accomplishment when encouraged to participate in household work.





Reading and having a good home library is associated with increased academic achievement and empathy in children.



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