



# SCREENTIME

MANAGING SCREEN TIME  
SIGNS OF SCREEN OVERLOAD  
AND HOW TO HANDLE THEM

The Centers for Disease Control and Prevention (CDC) reports that children ages eight to 10 spend an average of six hours per day in front of a screen, kids ages 11 to 14 spend an average of nine hours per day in front of a screen, and youth ages 15 to 18 spend an average of seven-and-a-half hours per day in front of a screen.



# WHY IS IT IMPORTANT TO THINK ABOUT SCREEN TIME?

- **With screens involved in children's learning, entertainment, and communication, controlling screen time can be challenging.**
  - **With the COVID 19 Pandemic, many parents are turning to tablets, television, and video games more than they typically would.**
  - **Streaming platforms and app downloads have all seen notable increases in the use.**
  - **Although part of this time in front of screens is related to remote learning in virtual classrooms, children's screen time has skyrocketed since the pandemic began.**
  - **The world of technology is incredible in so many ways, but at the same time potentially dangerous to inexperienced users.**
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# PROBLEMS WITH TOO MUCH OR POOR QUALITY SCREEN TIME

- **Obesity**
  - **Irregular sleep schedules and shorter duration of sleep**
  - **Behavioral problems**
  - **Loss of social skills**
  - **Violence**
  - **Less time for play**
  - **Poor posture**
  - **Poor core strength**
  - **Poor fine motor skills**
  - **Increased frustration**
  - **Impulsivity**
  - **Moodiness**
  - **Poor ability to handle stress**
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# TECH OVERLOAD

**FACT:** The average American child spends **50+ HOURS** a week in front of a screen. That's more than **A FULL TIME JOB!**



Recommended daily screen time for children and teens



Average screen time per day  
(TV, video games, tablets, computers, cell phones...etc)



% of children addicted to mobile devices

## The Downside of Screen Time

- Depression
- Fatigue
- Poor Academic Performance
- Anxiety
- Health Problems
- Impaired Self-Control
- Vision Problems,
- Impaired Social Skills
- Obesity
- Aggressive Tendencies
- Poor Digital Footprints
- Developing Unhealthy Relationships

ASK YOUR CHILD:

"What have you always wanted to learn or try?"

"What are you missing out on when you spend so much time on your device?"

## Unplugging Tips!

- Encourage tech-free hobbies and activities.
- Practice what you preach! Children follow by example.
- Create no-tech zones in your home.
- Don't allow devices at family meals.
- Set screen time schedules.

# SETTING SCREEN LIMITS FOR YOUR CHILDREN

**Set reasonable limits for your child's screen time, especially if your child's use of screens is hindering involvement in other activities.**

**Consider these tips:**

- **Prioritize unplugged, unstructured playtime.**
  - **Create tech-free zones or times, such as during mealtime or one night a week.**
  - **Discourage use of media entertainment during homework.**
  - **Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.**
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# SETTING SCREEN LIMITS FOR YOUR CHILDREN

- **Consider using apps that control the length of time a child can use a device.**
  - **Require your children to charge their devices outside of their bedrooms at night.**
  - **Keep screens out of your child's bedroom.**
  - **Limit your own screen time.**
  - **Eliminate background TV.**
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## 6 TOP TIPS FOR PARENTS

# SCREEN TIME



### 1. RULES

Agree on a clear set of rules in your home about screen time.



### 2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour.



### 3. PHONE FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



### 4. CHARGING PHONES

Buy an alarm clock for your child's room and charge mobile phones in your room!



### 5. DIGITAL DETOX

One evening a week have a family digital detox and plan a family activity!



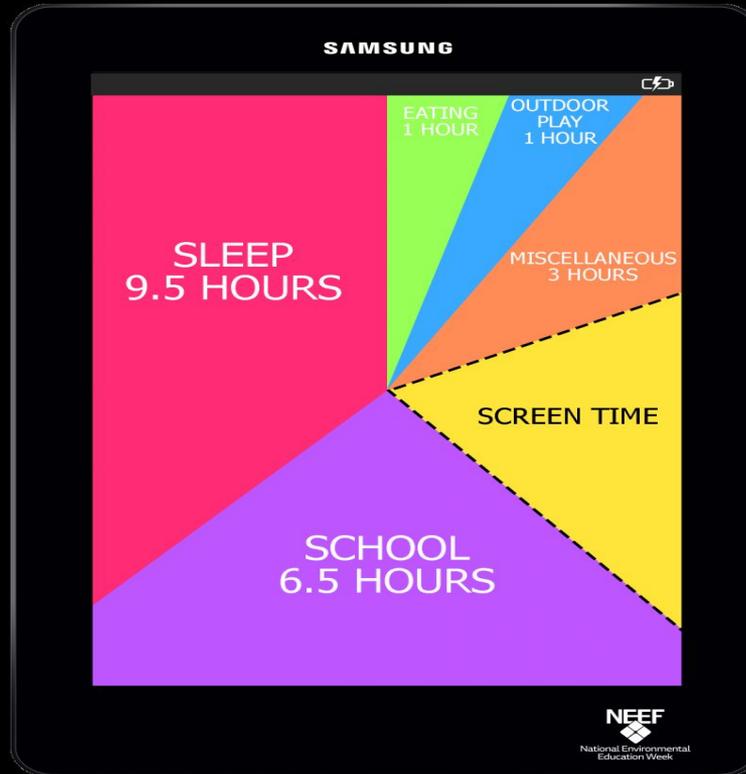
### 6. JOIN IN

Play your child's favourite computer game and discover the online world together.

# HOW TO BALANCE SCREEN TIME

- **While there's no magic number of "good" screen-time hours, you can figure out what your kid's personal limit is by noting their reactions and making changes.**
  - **Establish a more regular schedule so that they can pace themselves throughout the day.**
  - **Substitute screen-free games like chess or 20 Questions with family to help your kid work on waiting their turn, delaying gratification, and practicing communication skills.**
  - **Apps that help kids manage their emotions, which you can download onto your own phone, may also help.**
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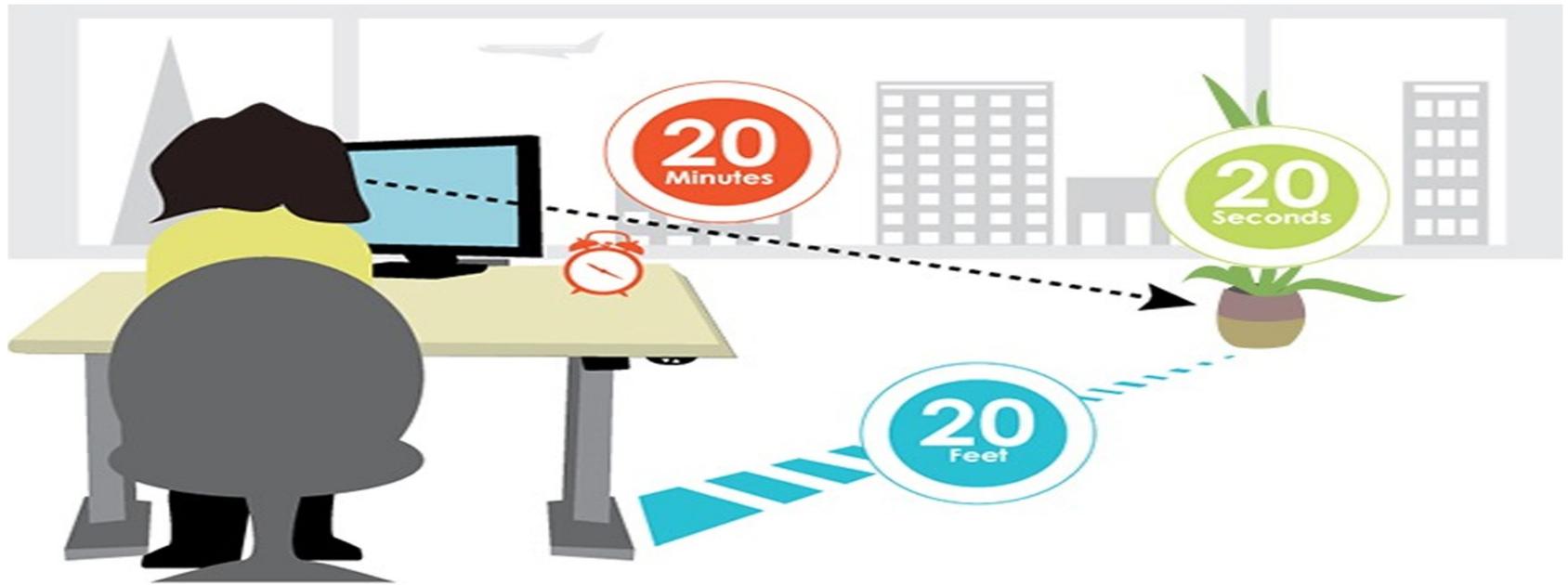
# A SUGGESTED SCHEDULE





# CONSIDER FOLLOWING THE 20-20-20 RULE DAILY

Have your child move away from the screen every 20 minutes to look at something 20 feet away for 20 seconds.



# SCREEN TIME TIPS



- ❖ **Model Healthy Electronic Use.**
- ❖ **Educate Yourself on Electronics.**
- ❖ **Create “Technology-Free Zones”**
- ❖ **Set Aside Times to Unplug.**
- ❖ **Use Parental Controls.**
- ❖ **Explain Why You're Limiting Screen Time.**
- ❖ **Ask for Your Child's Passwords.**
- ❖ **Encourage Other Activities.**

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