



Mehlville EC PBIS presents:

SCREEN TIME

STATISTICS FROM THE AMERICAN ACADEMY OF PEDIATRICS:

- too much screen time is linked to obesity, sleep disturbance, aggressive behaviors, language delays, and attention deficits
- LED light from a tablet is more concentrated than sunlight: meaning that screen time too close to bedtime can mean taking longer to fall asleep as well as lower quality sleep
- it's important to set limits: there's no "one size fits all" approach! Screens are everywhere and parents should be aware of benefits/risks and make the best choice for their family

WHAT HAPPENS WHEN I USE A SCREEN?

- rapid changes on the screen affect our visual processing system, which is not fully developed until age 8
- your brain works very fast to take in all these changes, causing you to be hyperfocused on the screen
- then when the screen is taken away, your brain needs a reset to help refocus on the "real world"

HOW TO RESET YOUR CHILD'S BRAIN AFTER SCREENTIME:

- get their body up and moving!!
- use the vestibular system to help the brain adjust after using a screen
- jump, swing, run, march in place, animal walks

WHAT CAN I SUGGEST TO MY CHILD INSTEAD OF SCREEN TIME?

- read a book together
- build a fort
- cook together
- dramatic play (chef, teacher, princess, etc.)
- color a picture
- sensory/water play
- play with a pet
- make an obstacle course
- puppet show

HOW CAN I LIMIT MY CHILD'S SCREENTIME?

Disney Circle: a device to manage your child's time on a screen as well as the content viewed by connecting to your WiFi

<https://meetcircle.com/>

Guided Access: limits your Apple device to a single app, meaning your child can use the app of your choosing without navigating to another program

Settings > General > Accessibility > Guided Access

