





Is your child addicted to Digital input?

What does that mean?: They are on something with a screen for more than 1 hour a day, or they get irritable when they are not on a screen.

Quick ideas:

1. Remember that too much digital input (screen) is addicting like nicotine, and is as bad for the developing brain as a cigarette is for the lungs.
2. Children need time for interaction, movement, creativity, reading, problem solving, and work. Consider putting a plan in place that they can have 1 hour of screen time **after** they have had one hour of personal development activities such as reading, practicing an instrument, chores, etc. Some downtime is ok, but one hour of downtime is more than sufficient. Children will resist changes, and it may be difficult. When you stay consistent, don't give in and just let them have their screen, they will see you love them and want the best for them.
3. Digital media leads to obesity, learning delays, social skills delays, negative school performance, behavior problems, and later in life risky behaviors. It is also interesting to ask students why they are falling asleep in class and their response is usually "I was up playing video games" or "I stayed up watching a movie."
4. It is ok for children to be bored. Creative genius occurs when the mind has some downtime.
5. Screen time before bed make the mind more active and makes it more difficult for some to sleep

https://www.healthychildren.org/English/family-life/Media/Pages/Adverse-Effects-of-Television-Commercials.aspx	https://www.mentalup.co/blog/positive-and-negative-effects-of-technology-on-children	https://www.youtube.com/watch?v=R0UNN4eBzlc	https://www.youtube.com/watch?v=wtbdqlds_3c
			

Other suggested resources:

Parenting without PowerStruggles podcasts

Parenting our Future podcasts

Good Inside with Dr. Becky podcast