

Kids and Screens

<p>Most children struggle to limit screens. Children with attention or behavior problems use screens even more than other kids. Why?</p>	
<ul style="list-style-type: none"> • Screens provide easy brain stimulation (“instant gratification”) for kids with attention problems • Child may have trouble getting along with other kids, prefers to play alone • Parents may use screens to help disruptive child be calm and quiet • Child may resist when parents try to set screen limits • Child’s behavior may get in the way of doing other activities 	
<p>Screens can make behavior worse</p>	<p>Signs of a Screen Use Problem</p>
<ul style="list-style-type: none"> • “Technoference”: Screens, even in the background, disrupt family communication • Screen lights around bedtime affect sleep • Violent content affects self-regulation and leads to aggression • When screen time is over, there is a “dopamine crash” and tantrum 	<ul style="list-style-type: none"> <input type="checkbox"/> Tantrums when screens taken away <input type="checkbox"/> Chooses screens over friends <input type="checkbox"/> Gets less sleep because of screens <input type="checkbox"/> Sneaks screens at night <input type="checkbox"/> Needs a screen to calm down <input type="checkbox"/> Few interests besides screens
<p>Screen Use Guidelines by the American Academy of Pediatrics:</p>	
<ul style="list-style-type: none"> • Less than 1 hour/day of high-quality media up to age 5 • 1-2 hours/day of high-quality media for age 6 and up • Close parent monitoring <ul style="list-style-type: none"> - No violent content - Watch together • Choose “screen-free” zones and times 	
<p>Key Recommendations</p>	
<ul style="list-style-type: none"> • Childhood is the time to develop healthy screen use habits. You will thank yourself later (when your child is a teen) for making changes now. • Taking away all screens is not reasonable for most families • Set “screen-free” zones and times • Have a predictable screen schedule, and be clear and consistent with how and when your child can earn and use screen time • Set rewards for following screen time rules, and consequences for breaking them 	