

Zululand Remedial Centre - Health Newsletter – Term 4 - 2023

Too much exposure to screen time is harmful to children

Research is showing that exposure to technology at a young age can be detrimental to a child's development.

*Attention-span, creativity and problem solving are negatively affected by long hours spent in front of screens. Passive screen time results in children not thinking for themselves and creating their own games to learn from.

*Children are affected emotionally and expect instant gratification, they do not learn to wait or work for rewards.

*Social skills are affected, instead of interacting with friends face to face, they now are communicating more via cell phone.

Screen time = exposure to television, cellphones, computers and tablets



The American Association of Paediatrics (AAP) recommends 60 minutes maximum screen time for children aged 2-5. Screen time for 6 year olds and older must be limited consistently ensuring no impact on sleep, physical activity or other behaviours.

How to limit screen time:

1. **Be a good role model:** Limit your screen time and your use of social media around your child.
2. **Set specific screen-free times together:** such as dinner time or in the car.
3. **Designate screen free locations in the home:** such as the bedroom.
4. **Educate your child about cyber bullying:** teach them how to keep safe on social media.
5. **Involve your child in other activities:** such as reading
6. **Allow your child to be bored:** help them learn to think for themselves and find new ways to have fun

