

SCREEN TIME

From a Developmental Approach



When using screens: Be mindful. Be present. Be balanced.

PHYSICAL



Blue light emitted by screens causes disturbances in sleep patterns. This light is stated to have the same effect as caffeine. Excessive screen time is related to poor health, obesity and decreased physical activity.

Screens increase the presence of hyperactivity, impulsive behaviours, attention difficulties, lower thinking and reasoning power and difficulty self-regulating.

Increased screen time impacts the connections involved in developing appropriate goal-directed behaviour.

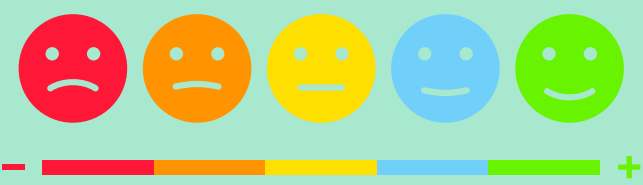
COGNITIVE



Increased screen time impacts a child's ability to control their emotions and identify what others are feeling, develop the ability to cooperate, show empathy and use moral reasoning.

Early socio-emotional development forms the foundation for later mental health, and the use of screens could have detrimental effects on the mental health of children.

SOCIAL-EMOTIONAL

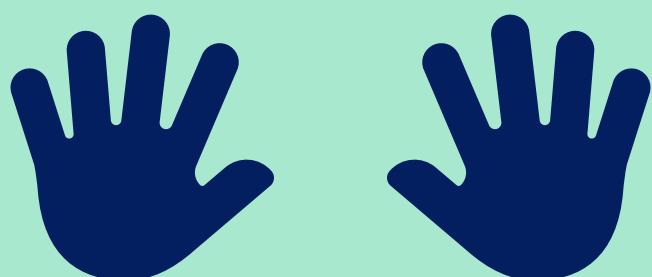


Excessive screen time is linked to delayed language acquisition and processing ability, as well as academic challenges later in life.

LANGUAGE



MOTOR



Use of screens at an early age hinders the development of fine motor skills, such as grasping, cutting, handwriting, tying shoes, and painting.