

What Can Parents Do?



Know about what your child is playing or wanting to play - listen to ratings and your child's developmental stage. (No 18+ games for children). Limit games which include graphic violence toward humans, under the age of 12.

Play with your child - or watch them play. Use this as quality time with your child and learn about what they are playing. Encourage your child & participate with them in play that is not screen-based.



- Set limits - limit to 2 hours per day, maximum
- No screens in bedrooms and keep them in high traffic areas where you can monitor use
- Limit screen time 2 hours before bedtime
- Limit your own screen time

Quiet conversations and support are better and more positive than taking away technology or media



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Screen Time

What impact does it have on children?



Obesity

The more screen time children have, the more likely they are to gain excess weight (related to unstructured meal times, decrease in physical activity among other factors).

Lower Academics

More difficulty with concentration and learning due to less time spent on reading and other academic pursuits.



Aggression



Increased aggressive behavior, thoughts and feelings while decreasing socially appropriate behavior, ability to follow rules, cooperation and empathy toward others. Research also suggests suppression of emotions to cope with violent actions

Self-Regulation

Due to the quick response required in many video games, they tend to punish critical thinking and imagination - those qualities promote impulsivity. Content in many games does not use the part of the brain which expresses emotions, which can cause individuals to appear to change moods quickly and generally have altered moods



Addiction

Dopamine, which is a habit forming chemical, is released in the brain during gaming & is similar to what is released during a cocaine high, sex and a good piece of chocolate



BENEFITS OF SCREEN TIME

- Can increase problem solving skills
- Parental relief and quiet time
- Increase hand-eye coordination
- Increase in collaboration and cooperation skills
- Convenience (calculator, phone book, camera, musical player, wallet etc)

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