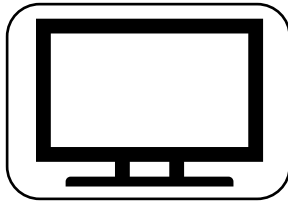
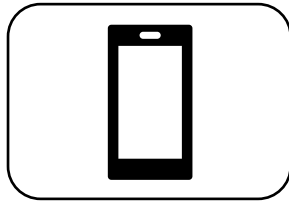


Screen Time

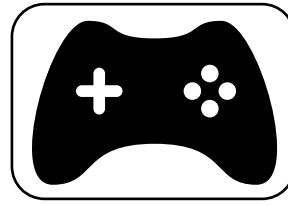
What is **screen time**? Any time that a child uses:



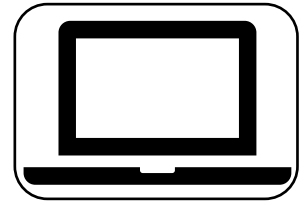
Television



Smart phone or device



Video games



Computer

What is screen time good for?

- Video chatting to keep in touch with family and friends
- Educational, high-quality programming* for children that teach:
 - Emotional regulation
 - Decision making skills
 - Content knowledge – e.g. learning about dinosaurs and other animals, planets, math and numbers, cooking, drawing, painting
- Learning a creative skill, like drawing or composing music

Guidelines for Screen Time

Age	Screen Time Per Day	Type and Supervision
0 – 18 months	0 – 1 hour/day	Only video chatting
18 – 24 months	0 – 1 hour/day	Co-view high quality programming* & include parental teaching
2 – 5 years	1 hour/day	Co-view high quality programming & include parental teaching
6 – 12 years	2 hours/day	Solo screen time on weekends with parental monitoring
12 – 16 years	2 – 3 hours/day	Solo screen time on weekends with parental monitoring

Difference between academic screen time and recreational screen time

- Academic is screen time used for homework
- Recreational is screen time used for fun

What is screen time bad for? Excessive or early exposure to screen time can affect:

Brain Development

- Memory loss - when teens check a text message, they lose the last 9 minutes of learning.
- Difficulty with problem solving
- Loss of imagination
- Games lead to extrinsic motivation, e.g. motivated by making it to the next level. Loss of intrinsic motivation can lead to depression.
- Gambling mechanics are used in the programming of games.



Physical Changes

- Vision changes - Lose farsightedness and need glasses
- Sleep problems
- Obesity



Inattention

- A person's average attention span was 12 seconds in 2000, now is 4 seconds in 2018.
- A goldfish's attention span is 9 seconds!



Mental Health

- Depression & anxiety
- Social isolation - Kids are not going out and interact with their friends online more than in person; their lack of in-person experience makes them hesitant to go into the world.
- Low self-esteem - Due to comparisons to others online



When screen time becomes dangerous:

Talk to your kids about the topics below **before** they experience them to prepare them on how to respond. Role play conversations and situations.

- **Cyberbullying**
 - 16% of teens grades 9-12 experience cyberbullying
- **Sexting**
 - Texted inappropriate pictures or videos affect up to 20% of teens.
- **Addictions**
 - Gaming – beware of in-game purchases like loot boxes
 - Internet Addiction
 - Drugs and alcohol – many teens get drugs through Instagram
 - Porn – been shown to be as addictive as cocaine
- **Pornography exposure**
 - Kids are exposed to pornography **on average** at 9 years old!
 - By age 18, 90% of boys and 60% of girls have been exposed to porn.
- **Predatory adults**
 - Beware of metaverse and virtual reality as places where adults and comingle with children
 - Avoid any kind of livestreaming, where children can expose their house, habits, and body to strangers

*What is high quality programming?

Online videos, apps, or television shows that are **educational**, including teaching children:



How to think about challenges or problems and then **make good decisions**



What **emotions** they are feeling and **how to cope and regulate** them



Learn more about **what they are interested in**, for example, dinosaurs and other animals, how things are made, planets, math and numbers, cars, cooking, drawing, painting, etc.

Rules for screen time:



#1

- No more than 3 hours consecutive recreational screen time.



#2

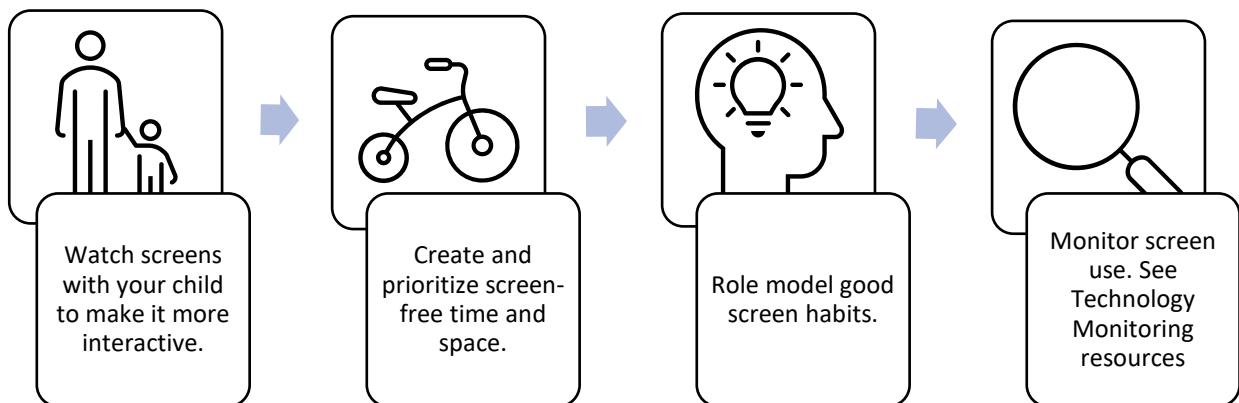
- Balance 1 hour of screen time with 1 one hour of an Activity Pyramid activity.



#3

- Take brain breaks every 20-30 minutes of academic screen time for 2-5 min.

What parents can do:



Technology Monitoring for Parents

- Recommended for all parents and children with any device with internet connection
- Search for “parental control” or “parental monitor”



- Houston-based organization, reasonably priced



Other Resources:

AAP Family Media Plan

- Make a plan for your family based on your children’s age and interests

Healthy Children from the AAP:

<https://www.healthychildren.org/English/family-life/Media>



AAP Family Media Plan

Common Sense Media: www.commonsensemedia.org

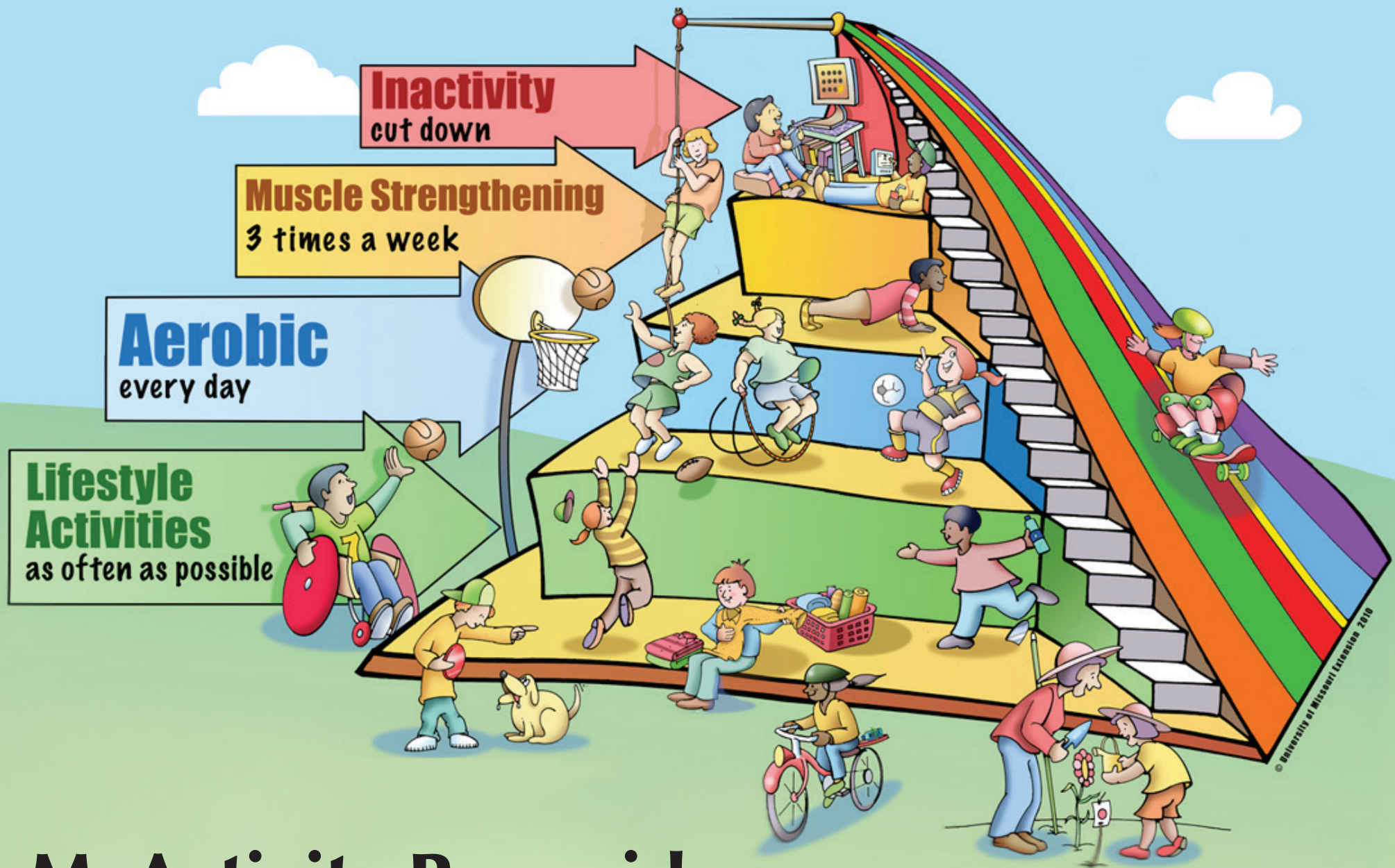
The Neurowhereabouts Guide by Crystal Collier, PhD, LPC-S

<https://knowyourneuro.org/>

- Brain-based, social-emotional, and prevention skills training right in the hands of caregivers

The 1000 Hours Outside Podcast

Book: iGen: Why today’s super-connected kids are growing up less rebellious, more tolerant and less happy – and completely unprepared for adulthood by Jean M. Twenge



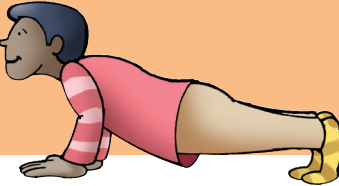



MyActivity Pyramid

Some is better than none, more is better than some, and too much is hard to get.

MyActivity Pyramid

Be physically active 60 minutes, up to several hours every day.
Use these suggestions to help meet your goal:

Lifestyle Activities	Aerobic	Muscle and Bone Strengthening	Inactivity
As often as possible	Every day	3 times a week	Cut down
<ul style="list-style-type: none"> • Play outside • Help with chores • Take the stairs • Pick up toys • Walk 	<ul style="list-style-type: none"> • Dance • Skateboard • Tag • Ride your bike • Martial arts, like karate • Sports <ul style="list-style-type: none"> ◦ Ice or field hockey ◦ Basketball ◦ Swimming ◦ Tennis ◦ Soccer <p>These activities should be moderate to vigorous intensity, aiming for vigorous at least 3 days per week.</p> 	<ul style="list-style-type: none"> • Tug-of-war • Rope climb • Playing on the monkey bars • Sit-ups • Push-ups <p>Muscle-strengthening exercises help your bones get stronger so you can run and play.</p> 	<ul style="list-style-type: none"> • Screen time (TV, computer, video games*) • Sitting longer than 30 minutes <p>Instead of watching sports on TV, go outside and play a sport!</p> <p>* Video games that require physical activity may count toward your 60 minutes.</p> 

Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

This publication reflects the 2018 Physical Activity Guidelines for Americans, chapter 3. Funded in part by USDA SNAP.
Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.