

5 REASONS KIDS NEED TO HAVE SCREEN TIME LIMITS

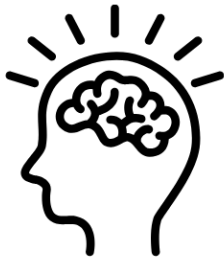


1 Healthy Bodies

Sedentary screen time activities for more than 1.5 hours a day is a risk factor for obesity in children ages 4-9. It can also lead to speech delays and depression.

2 Wired and Tired

Screens can overstimulate a child and lead to sensory overload, difficulty settling down to sleep, lack of restorative sleep, and hyperaroused nervous system. As a result, kids are often in a state of 'wired and tired'.



3 Fine Motor Skills



Coloring, cutting, and the pincer grasp! Humans are made for creating, engaging, and connecting. These early skills are important for complete health. Electronic use interferes with the development of these fine motor skills.

4 Dopamine

Electronics hook kids because of the "feel good" neurochemical, dopamine. Viewing new and exciting things, gaming achievements, and receiving "likes" all cause dopamine to be released by the brain. Once the dopamine-reward pathway is activated, it tells the person to repeat the action in order to get more dopamine. This results in over-used pathways and classic addictive behaviors (similar to gambling). Children's brains are especially vulnerable.



5 Attention and Focus

Frequent exposure to screens compromises a child's ability to maintain focus on tasks such as schoolwork. Dopamine is critical for focus and motivation. Once damaged, over-used pathways cannot hold focus. This can lead to distraction and depression.