

LIMITING CHILD SCREEN-TIME



WHY IT MATTERS



1970:
4 years



AGE OF SCREEN INTRODUCTION

2012:
4 months



AVERAGE DAILY EXPOSURE



gee mom,
ISN'T THAT
40% OF MY
WAKING HOURS?

UNDER 3:



5.5 HOURS BACKGROUND TV PER DAY

UNDER 5:

X X

4.5
HOURS
PER DAY

TEENAGERS:
9 HOURS
PER DAY

X X

CHILDREN UNDER 8

DO NOT UNDERSTAND
INTENT OF ADVERTISING



CHILDREN VIEW

40,000 ADS PER YEAR



SWAAT THE SCREEN-TIME

SCREENFREE
parenting
screenfreeparenting.com

STUDIES SHOW: EXCESSIVE SCREEN TIME CAN HARM CHILDREN

S

OVER 67 STUDIES PROVE: SCREEN TIME RESULTS IN GOING TO SLEEP LATER AND SLEEPING LESS

87% of teenagers get less sleep than recommended by physicians.



SLEEP

W

Screen time displaces physical exercise

1 HR OF TV = 2 ADDITIONAL LBS BODY FAT



WEIGHT

A

ENTERTAINMENT TELEVISION CAUSES SIGNIFICANTLY WORSE PERFORMANCE ON TASKS THAT REQUIRE:

IMPULSE CONTROL *delayed gratification* *planning*



ATTENTION

A

300+ STUDIES OVER 50 YEARS SHOW: TV VIOLENCE MAKES KIDS MORE AGGRESSIVE

94% of popular electronic games contain violence



AGGRESSION

T

KIDS REGULARLY VIEWING SCREENS PRIOR TO AGE 2 MAY TALK LATER AND LESS



INFANTS UNDERSTAND 6-8 FEWER WORDS PER HOUR OF EDUCATIONAL VIDEOS VIEWED



TALKING

SCREENFREE
parenting

Run by a psychologist and her husband, this counter-culture website summarizes decades of research, offers helpful advice and provides an ever-growing list of S.P.O.I.L. screen-free activities.



www.screenfreeparenting.com

CITATIONS FOR ALL RESEARCH AVAILABLE HERE: www.screenfreeparenting.com/screen-free-week-infographic © 2014 screenfreeparenting.com Distribute anywhere, do not modify and always link back to www.screenfreeparenting.com whenever posted online.

LIMITING CHILD SCREEN-TIME

 **SCREEN BREAKS WORK!** 

PRETEENS WHO SPENT JUST 5 DAYS WITHOUT SCREENS SHOWED:



IMPROVEMENTS IN SOCIAL SKILLS (READING NONVERBAL EMOTIONAL CUES)

HOW YOU CAN DO IT



DISCUSS EARLY AS A FAMILY
TO GET EVERYONE ON BOARD



BRAINSTORM DAILY PLANS AND
ACTIVITIES TO FILL THE TIME



MAKE A COMMITMENT, CRAFT
RULES AND WRITE THEM DOWN



PLUG IT IN!
WHEN AT HOME KEEP
ELECTRONICS PLUGGED INTO
ONE LOCATION



LIMITING CHILD SCREEN-TIME

MAKE IT FUN! S.P.O.I.L. THEM DAILY

THE FOLLOWING ACTIVITIES HAVE POSITIVE RESEARCH BACKING AND NO NEGATIVE SIDE EFFECTS (UNLIKE SCREENS)



Bond with your kids over social activities



Spending quality time with children is associated with increased attachment, one key for emotional development



Encourage free play (kid directed, no instructions)



Free play is associated with development of language skills, creative problem solving, and social skills.



Get outside!



Getting outdoors is associated with positive mood, better sleep, and increased executive functioning, including improved attention span.



Encourage both independent play and work



Children develop independence, pride, and a sense of accomplishment when encouraged to participate in household work.



Get them reading and writing



Reading and having a good home library is associated with increased academic achievement and empathy in children.

