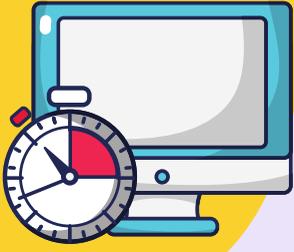
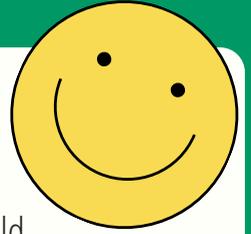


SCREEN TIME



Screen time is the amount of time that someone spends using a device or computer, watching television or playing on a games console. Although managing this is important, focusing on the type of activities that children are doing online is essential.

BENEFITS OF SCREEN TIME



- Online games and activities can enhance teamwork and creativity
- The internet gives children access to a wealth of information to help build their knowledge
- Interacting with computers improves both visual intelligence and hand-eye coordination
- Technology takes away physical barriers to social connections – which is important for children who find it hard to make friends or have special interests or special needs
- Children in households with computers perform better academically than peers who do not have ready access to computers
- Outcomes for children are better if they benefit from connected technology.

POTENTIAL RISKS OF TOO MUCH SCREEN TIME



Effect of screen time on sleep - sleep cycles are affected by blue light from screens tricking our brains into thinking it's still daylight, making it difficult to sleep.

Effect on behaviour - we're creatures of habit so it doesn't take long to get used to glancing at your smartphone 150 times a day.

Effect on brain development - screen-based entertainment increases central nervous system arousal, which can amplify anxiety. Those born in the 80s and 90s are more forgetful than OAPs; they've outsourced their memory to Google, sat navs, calendar alerts etc. Research has found that when people know they will be able to find information online easily, they're less likely to form a memory of it.

THE GOLDILOCKS METHOD

While deciding on the appropriate amount of screen time is a decision for you and your family, it is important to be mindful of the potential risks and strive to achieve the 'Goldilocks method' - 'not too little, not too much but just the right amount'.



USEFUL LINKS

More information on screen time and the associated research -

<https://www.internetmatters.org/issues/screen-time/learn-about-it/>

How to discuss and agree a screen time limit -

<https://saferinternet.org.uk/guide-and-resource/parenting-in-a-digital-age-managing-screen-time>

How to manage screen time on a Google device -

<https://support.google.com/families/answer/7103340?hl=en>

How to review how much screen time your child is using on an Apple/iOS device -

<https://support.apple.com/en-gb/HT208982>

