

# Screen time: the Negative Side Effects

## OBESITY:

- in kindergarten, more than one hour of screen time per day yields a 52% increase in obesity
- 167 additional calories ingested per hour of screen time
- children 4-9 have an increased risk of obesity by watching 1.5 hours of TV per day
- "active" video games such as Wii do not show an increase in physical activity

## BEHAVIOR:

- increase in hyperactivity, conduct difficulties, impulse control, self-regulation, and controlling emotions
- increased bullying behavior
- addiction
- children who are considered "active" have the same amount of behavior difficulties when exposed to at least 2 hours of screen time
- link between increased screen time and depression and suicide in teens

## MOTOR SKILLS:

- more limited exposure to "messy play"
- use of touchscreen hinders development of grasping, handwriting, scissors, gluing, tying shoe laces, and painting

## SLEEP:

- linked to irregular sleep patterns
- linked to sleep disturbances
- can lead to insomnia
- shorter, low-quality sleep cycles
- "blue light" has similar effect as caffeine
- delays in bedtime

## LANGUAGE:

- linked to delayed language acquisition
- more screen time, less they engage in creative play, constructive problem solving, and creativity
- more screen time equals less time parents are communicating with their child
- "e-books" are linked to lower levels of story understanding and can impact emerging literacy
- increased screen time as a toddler is associated with academic difficulties later in life



"Most apps advertised as "educational" aren't proven to be effective and...help young children learn. Also, most educational apps target rote skills, such as ABCs and shapes. These skills are only one part of school readiness. The skills young children need to learn for success in school (and life) such as impulse control, managing emotions, and creative flexible thinking, are best learned through unstructured and social play with family and friends in the real world." —the American Academy of Pediatrics

Source: American Academy of Pediatrics. (2017). Screen time and children's health. Pediatrics, 120(5), e1336-e1340. Retrieved from https://doi.org/10.1542/peds.2017-0882