

## SCREEN TIME AND ITS IMPACT ON EARLY CHILD DEVELOPMENT

Children spend an average of 7.5 hours per day using entertainment technology causing them to be sedentary and bombarded with overstimulation. Use of technology, can interfere with development, behaviour, and learning. The younger the children are, the bigger the impact. Twenty-five years ago child mental illness was rare. Today, one in three children entering school is developmentally delayed one in four is obese, one in six has a diagnosed mental illness, and one in 11 is addicted to technology.

Outdoor, unstructured play optimizes child development and learning. As a licensee you can teach and encourage children the importance of active play.

The following table provides an interesting guide for use of technology that you can use in your facility and share with parents and older children in care:

Developmental Age	How Much?	Non-violent TV	Hand-held devices	Non-violent video games	Violent video games	Online violent video games and/or pornography
0-2 years	None	Never	Never	Never	Never	Never
3-5 years	1 hour/day	1 hour/day	Never	Never	Never	Never
6-12 years	2 hours/day	2 hours/day	Never	Never	Never	Never
13-18 years	2 hours/day	2 hours/day	2 hours/day	Limit to 30 minutes/day		Never

Created by Cris Rowan, CEO Zone'in Programs Inc. and author of *Virtual Child* in conjunction with Dr. Andrew Doan, neuroscientist and author of *Hooked on Games* and Dr. Hilarie Cash, Director of reSTART Internet Addiction Recovery Program and author of *Video Games and Your Kids*, with contributions from the American Academy of Pediatrics and the Canadian Pediatric Society. ©Zone'in Programs Inc. 2014

Reducing the Use of Technology	Video Gaming Facts
<p>Disconnect to reconnect by creating time without technology:</p> <ul style="list-style-type: none"> <li>Designate certain days of the week during program hours to go without any technology</li> <li>Create a “technology” free policy for your program</li> </ul> <p>If your program chooses to permit technology use, balance ‘energy in’ (technology) with ‘energy out’ (movement, touch, connection, nature). An hour ‘in’ = ‘out’.</p>	<p>Violent video games involve fighting and killing and can make children <b>aggressive</b> and <b>defiant</b></p> <p>Video games:</p> <ul style="list-style-type: none"> <li>can overstimulate children and may contribute to <b>attention deficit</b></li> <li>keep kids from moving, which can cause <b>obesity</b> which can lead to <b>diabetes</b></li> <li>isolate children, robbing them of much needed human connection and touch. This can result in <b>anxiety</b>, <b>sadness</b>, and <b>tantrums</b></li> <li>keep children indoors and may contribute to problems paying attention and <b>learning</b></li> </ul>