Fairfax County School Health Promotion
March Newsletter Articles

March Energy Train: Reduce Screen Time: Unplug to Recharge!

Newsletter and/or KIT–Very Short

The average 8-12 year old spends seven hours a day in front of a screen. Too much screen time is linked with weight gain, trouble sleeping and can negatively affect attention and learning. The American Academy of Pediatrics recommends no more than two hours per day of recreational screen time (TV, videos, games, texting). Try a new activity with your student that doesn't involve a screen as a way to unplug and recharge your family.

Newsletter and/or KIT–Short

Technology is everywhere and increasingly part of our children's lives. The average 8-12 year-old spends seven hours a day in front of a screen. Although this technology can make life easier, excessive use has been linked to health problems, such as lack of sleep, weight gain and other behavioral issues that can negatively affect school performance. While kids can learn many positive things from different types of media, parents should help their children make healthy choices by doing the following:

- Make a media plan for your family: include TV, phones, tablets video games. Write the rules down.
- Remove screens from children's bedrooms---plug all devices into a central charging station at night.
- Co-view programs with your children and discuss values with them.
- Know where your kids are going online. Remind them once something is posted online, they can't ever get it back.
- Check out a sample "Media Time Family Pledge" https://www.healthychildren.org/English/family-life/Media/Pages/Media-Time-Family-Pledge.aspx

More Info:
https://www.healthychildren.org/

https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain

http://kidshealth.org/parent/positive/family/tv_affects_child.html

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