

# HOW MUCH SCREENTIME IS HEALTHY?

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OUR BRAINS HAVEN'T CHANGED IN THOUSANDS OF YEARS; THEY ARE NOT DESIGNED FOR THE LIGHTS, SENSORY INPUT OR FLASHING IMAGES ON TV & DEVICES.

DEVICES PRODUCE HITS OF SEROTONIN (SAME CHEMICAL AS REWARDS/ADDICTION) IN THE BRAIN; ALSO BECAUSE THE DEVELOPING BRAIN CAN'T TELL THE DIFFERENCE BETWEEN REALITY AND FAKE IMAGES, IT PRODUCES ADRENALINE AND CORTISOL (STRESS HORMONES) CREATING A FIGHT/FLIGHT RESPONSE WHILE WATCHING / USING DEVICES.

WHEN A CHILD PLAYS ON A DEVICE, THEY HAVE THESE THREE CHEMICALS IN HIGH DOSES, AND WHEN YOU TAKE THE DEVICES AWAY, THEY'RE LEFT WITH JUST THE STRESS HORMONES. THIS IS WHY MANY CHILDREN BECOME ANGRY OR DYS-REGULATED RIGHT AFTER SCREENTIME!

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DEVELOPING BRAINS NEED 5+ HOURS A DAY OF PLAY, CREATIVITY, SOCIAL INTERACTION, ETC.

THE CANADIAN PAEDIATRIC SOCIETY RECOMMENDS THE FOLLOWING LIMITS FOR DEVICES & HEALTHY BRAIN DEVELOPMENT:

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CHILDREN UNDER 2 - NO SCREEN-TIME AT ALL



AGES 2-5 - LESS THAN ONE HOUR PER DAY



AGES 5-12 - LESS THAN TWO HOURS PER DAY



AGES 12+ - THREE HOURS PER DAY

SCREENTIME AFFECTS THE BRAIN'S DEVELOPMENT OF:  
IMPULSE CONTROL  
INCREASED SENSITIVITY TO REWARDS/LOSS  
DECREASED FOCUS, ATTENTION & CONCENTRATION  
DECREASED ABILITY TO FORM RELATIONSHIPS/ATTACHMENTS  
LOWERED FRUSTRATION TOLERANCE

SYMPTOMS OF TOO MUCH SCREENTIME ARE OFTEN DIAGNOSED AS ADHD

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## TIPS FOR PARENTS:

- USE THE 'SCREENTIME' APP TO SHUT DOWN DEVICES BASED ON TIME/AGE
- TURN WI-FI OFF AT CERTAIN TIMES
- HAVE CHILDREN EARN THEIR SCREENTIME
- REDUCE SCREENTIME GRADUALLY BY 20 MINS PER DAY & REPLACE WITH ANOTHER ACTIVITY (SPORTS, ART, FRIEND TIME, ETC.) IF THEY ARE OVER THE CPS AVERAGES
- TURN IN DEVICES DURING NON-SCREENTIMES, DINNER, ONE HOUR BEFORE BED
- MODEL LIMITED SCREENTIME YOURSELF

THE BRAIN CANNOT TELL THE DIFFERENCE BETWEEN SIMULATED IMAGES AND REALITY, SO CHILDREN 15 AND UNDER SHOULD NOT VIEW VIOLENT SHOWS/MOVIES/GAMES. PLEASE ALWAYS MONITOR WHAT THEY WATCH ON DEVICES!