

How Too Much Screen Time Affects Children

Language Delays

Since children are vocalizing less, they can develop a lesser ability to socialize with others, and have delays with expressive and receptive language. This can also contribute to impaired social skills, and negative peer relationships.

Poor Sleep

Quality and quantity of sleep is impacted when children spend too much time using technology. This could mean they end up having behavioral issues, and developmental delays as a result.

Scams and Advertising

Children have more access to dangerous online sources such as scammers, or poor advertising that can increase anxiety, promote poor decision making, or unhealthy habits.

Physical Health

There are increases of childhood health disorders such as diabetes or obesity. Sitting for long periods of time can increase blood pressure, promote back, shoulder or neck pain, and expose children to a variety of other health risks over time.



Altered Life Skills

Life skills include activities that involve gross and fine motor movement, employability, or basic responsibility. Too much screen time can lead to impediments in these areas since technology is replacing time that can be spent learning these skills.

Psychosocial Risks

A lack of social interaction and engagement with family and peers can lead to risks regarding your child's social skills, which includes things like emotional intelligence, problem solving, decision making, relationship management, eye contact, and body language.