

WHAT THE RESEARCH SAYS ABOUT SCREENS

Children as young as 2 years old have their own tablets. The average age of a child getting a smartphone is now 10.3 years old.

Today's youth have online learning, internet-based supplemental activities, learning apps, and screen-based reading on phones and tablets. "Play" is often screen-based: interactive video games with friends, gaming apps, messaging, and videos is done for entertainment. Children and families are tied to devices to manage the home and activity schedules and to communicate with coworkers, friends, family, teachers, and coaches.

THE WAR ON OUR YOUTH



Poor achievement of developmental milestones in communication, motor skills, problem solving, and social skills.



Executive functioning and social skills connection- more distracted, less emotional stability, difficulty making friends and inability to finish tasks.



Higher likelihood of inadequate sleep.



Premature cortical thinning of the brain.



Lower scores on thinking and language tests.



Increased depression symptoms, suicide-related outcomes, and suicide rates.

BENEATH THE SURFACE IN THE DIGITAL AGE:



Impact on physical health
Behavior Issues
Poor posture
Poor core strength
Poor fine motor skills
Increased frustration
Impulsivity
Moodiness
Poor ability to handle stress

Poor endurance
Mental health issues
Impact on emotional health
Decreased attention
Decreased cognitive skills
Overactive brain
Poor ability to transition
Addiction "state of being"
Less self-control

For more information: www.theotttoolbox.com/symptoms-of-too-much-screen-time/