

Mental Health Minute Screen Time

Audio	Video
Dr. Kothapalli What if I told you the something most kids use every single day could quietly affect their sleep, mood, or even how their brain develops.	Medium shot of Vanitha Kothapalli speaking on camera to the viewer.
Hi, I'm Dr. Vanitha Kothapalli, a board certified child and adolescent psychiatrist. Dr. Raveendran Hi I'm Dr. Keerthiga Raveendran, and I am also a board certified child and adolescent psychiatrist. And this is your mental health minute about the excessive use of screen time.	Two-shot of Vanitha Kothapalli and Dr. Keerthiga Raveendran speaking on camera. Mental Health Minute Animation
Dr. Kothapalli When children spend long hours on screens, a few things can happen.	Medium shot of Vanitha Kothapalli speaking on camera to the viewer.
their sleep can suffer, especially if screens are used before bed. kids become more irritable, anxious, or have trouble focusing. physical activity often decreases, which can affect overall health. lastly, social skills can lag if screens replace face to face interaction.	Montage shots of children
Dr. Raveendran Now, here's the good news. Small changes can make a big difference. So here's some simple tips for parents and caregivers to follow.	Medium shot of Dr. Keerthiga Raveendran speaking on camera to the viewer.
Set clear limits. Create daily screen time boundaries that are consistent. keep screens out of the bedrooms, especially at night. And this protect sleep. Model healthy habits. Kids copy what they see, so show what balanced use looks like. create screen free times like during meals or bedtime. focus on quality. Remember, it's not about avoiding screen time, but choosing content that's more interactive and educational versus passive scrolling.	Montage shots of children

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Dr. Kothapalli It's not about eliminating screens completely. It's about helping your child build a healthy relationship with them. Small steps today can help their mental health for years to come. Dr. Raveendran And if screen time is affecting your child's mental health, remember help is available. Visit LSU steady slash psychiatry to learn more.	Two-shot of Vanitha Kothapalli and Dr. Keerthiga Raveendran speaking on camera. Mental Health Minute Animation