

Warning Signs of Too Much Screen Time for Kids

Kids love screens. Why does the American Academy of Pediatrics recommend limiting screen time for children and teens? Excessive screen time interferes with social, emotional, and physical development. Most kids significantly exceed these recommendations. If your child exhibits some of the signs below, it's time to put some stricter limits on screen time.

Social and Emotional

- Prefers spending time on screens to doing things with family or friends
- Experiences difficulty making and keeping friends
- Has angry outbursts when it's time for the screen to go off
- Acts irritable or discontent when not using digital items
- Lacks concern or empathy for others



Communication

- Has difficulty initiating or participating in conversations
- Regularly misinterprets non-verbal social cues
- Texts instead of talking in situations where face-to-face communication would be better



Cognitive

- Has difficulty focusing on the present moment when not using a screen
- Declining grades in school, missing school, dreading school
- Talking and thinking obsessively about the digital activity



Physical Development

- Withdrawing from sports and outside play
- Losing sleep due to gaming, texting
- Gaining weight to the point of being overweight or obese
- Developing health issues such as Carpel Tunnel Syndrome, eye problems, backaches



When you realize your children's media usage is having a negative impact on them, you need to set some limits. Discuss with your kids what limits are reasonable and how your family plans to enforce those limits. Not sure how to set limits without arguing or getting into a power struggle?

Learn how to set healthy limits in [Priceless Parenting's online parenting classes!](http://www.PricelessParenting.com/)