



## Harmful Effects of Excessive Screen Time On Children

### **1. Behavioral problems**

Excessive screen time has been linked to aggression, angry outbursts and irritability when not using these devices. It is also associated with a greater likelihood of emotional or attention problems.

### **2. Social problems**

When a child spends too much time in front of a screen and not interacting with other people, they may have trouble with social interaction. They may not be able to pick up on non-verbal cues, which include facial expressions, tone of voice, and eye contact and which provide important insights on how to interact with others.

### **3. Sleep problems**

Electronic devices emit blue light from their screens. When exposed to this before bedtime, your child's body may interpret blue light as daylight, causing their brain to signal the body to stay awake even after the screen has been turned off.

### **4. Vision problems**

Children who are glued to screens for too long are at a higher risk of irreversible eye damage- e.g. digital eye strain. Blue light is also damaging to the retinal cells and can speed up macular degeneration. This is also the cause of increased cases of myopia or nearsightedness in children.

### **5. Physical problems**

Being hunched over smartphones or tablets for prolonged periods of time can affect your child's posture and developing spine.

### **6. Weight problems**

Screen time is a sedentary activity. This, coupled with eating high-calorie junk foods, often leads to childhood obesity; which could lead to diabetes, joint problems and heart disease.

When kids have meals or snacks while watching TV, they don't have as much conscious control over what or how much they eat.



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*Source Information: MedicineNet 2021, Centers for Disease Control and Prevention, UK Parliament Post- Post Note Number 635 December 2020*