

My child and screen time

Sabine Duffo, psychologue clinicienne,
Centre médico-psychologique
de Noisy-Le-Grand, 93, pôle 93105.

Traduction M. Bernard et S. Hagège.



4 "Steps" toward giving your child time to set up whatever is necessary before using screen media. No screen use in the morning.

No screen use in the morning

No screen use during meal times

No screen use before sleeping

No screen media in your child's bedroom

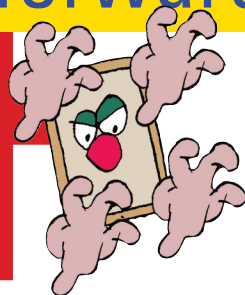
Digital media use is a common part of our lives.

At work, at home, and during our spare time.

Your child is exposed at a very early stage of life, and more now than ever before...

Here are a few basic tips that will help your child have an enriching experience with screens without becoming addicted to it.

"steps"
to move forward





1 No screen use in the morning

- * Screen media (TV, video games etc) draw attention. Yet your child's attention and focus are essential for school learning. Screens over-stimulate non-voluntary attention. Your child is activated by ultra-fast audio and video stimuli from an ever-changing screen. A child's attention wears out after 15 minutes. A child using a screen in the morning tires out his resources of attention before going to school. Now this child with a used up attention span is a restless, over-talkative, clumsy one... **And he cannot concentrate anymore!**
- * This reaction slows down the development of active voluntary attention, which is necessary for school work. Thus school results may drop dramatically.

2 No screen use during meal time

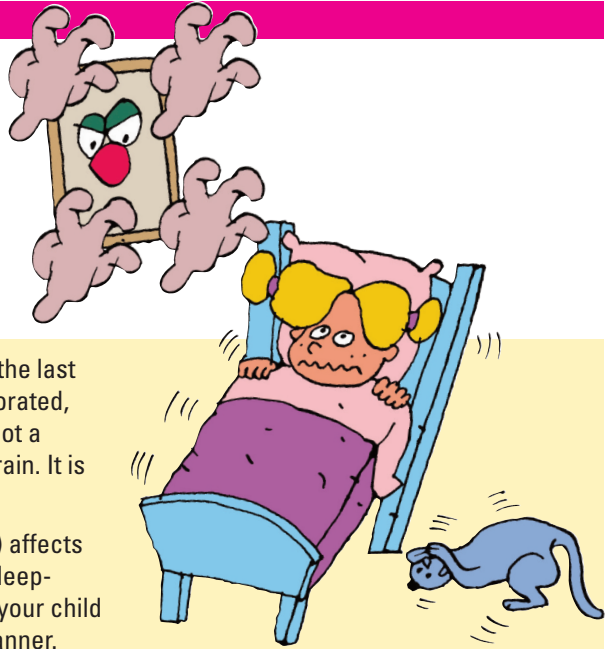
- * When TV is on during family meals, your child cannot have a conversation with you and you talk to him less. A child growing with a continually turned-on TV will acquire a smaller vocabulary and a poor language. For 15- months to- 4 -years-old children, two hours of daily TV viewing multiplies by 3 the possibility of language developmental disorders.
- * The stressful content of some TV programs (particularly TV newscasts) impacts on children's emotional behaviour and management, even if they are too young to understand. And if you try to explain what they are watching, it does not change their feelings.

References

- Children from 4 to 14 spend an average 3 hours in front of a screen. An average household has 10 screens. One child out of three owns a pad (2014 Ipsos Survey for Gully TV Channel).
- These 4 steps are inspired by the AAP recommendations since 2000.
- LANDHUIS C.E and al, "Does childhood television viewing lead to attention problems in adolescence? Results from a prospective longitudinal study." *Pediatrics*, n°120, 2007, p.532 et passim; n°104, 199, p.E27.
- CHONCHAYA W. et al, « Television viewing, associates with delayed language development." *Acta Pediatr.*, n°97, 2008, pp 977 et passim.
- OWENS J. et al., « Television-viewing habits ans sleep disturbance in school children », *Pediatrics*, N|104, 1999, p.e 27
- PSYCHOMEDIA, 04.09.2015

3 No screen use before sleeping

- * The quality of sleep formed with the last perceived pictures will be deteriorated, because animated pictures are not a soothing activity for the child's brain. It is over-stimulating emotionally.
- * The blue light from screens (LED) affects sleep by inhibiting melatonin, a sleep-regulating hormone. As a result, your child cannot fall asleep in a natural manner.



4 No screen media in your child's bedroom

- * Having a screen medium in your child's bedroom decreases her/his sleeping time.
- * Furthermore, when the TV/computer/pad is located in your child's room, you parents cannot monitor what they are watching. By just vocally forbidding your child to watch unsuitable contents, you are giving your child too much responsibility.
- * And without any screen in the bedroom, children learn essential abilities: sensorimotor activities, games of make-believe, symbolic games, graphics, all necessary for their mental development, attention and socialization.

One last piece of advice: PLEASE COMPLY WITH AGE LIMITATIONS

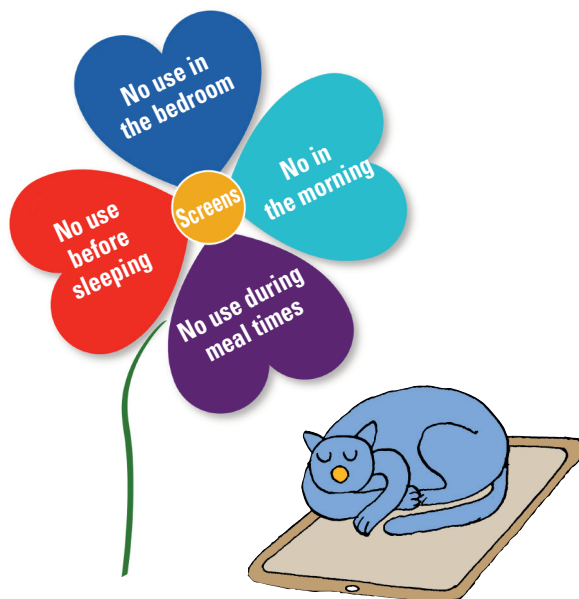
A child learns by imitation. If your child is exposed to unsuitable contents, such as violence or pornography, these images will have a traumatizing and exciting effect. They may develop a desire for your child to search and sometimes try to re-enact such contents. Violent pictures manipulate the emotional brain of the child. Parents' presence and relativizing words during viewing do not diminish the emotional charge and strength of the images for your child.



By implementing these 4 no-screen-time periods, you can right now take care of your child, and help her/him develop these fundamental abilities:

- ★ Language
- ★ Thought
- ★ Imagination
- ★ Capacity to be alone
- ★ Autonomy
- ★ Distinction between real and virtual world

4 no-screen periods = 4 “steps” to better move forward



établissement
public de santé de
Ville-Evrard
spécialisé en santé mentale
Seine-Saint-Denis

Établissement public de santé de Ville-Evrard
202, av. Jean Jaurès
93200 Neuilly-sur-Marne
standard tél. 01 43 09 30 30
www.eps-ville-evrard.fr

Pôle-secteur 93 105
Docteur Noël Pommepuy, chef de pôle
Centre médico-psychologique Noisy-le-Grand
46, avenue Méderic,
93160 Noisy-le-Grand
tél. 01 43 03 68 01