

Reduce your child's screen time by tracking it and setting limits

A recent study looked at the difference in children's brain activity when they were reading a book versus consuming screen-based media. The researchers found that brain activity increased while children were reading and decreased while they were viewing screen-based media. Their findings highlight the importance of limiting screen time for healthy brain development.

The first step in limiting recreational screen time is to help your child become aware of how much time she actually spends staring at a screen. Have her track the amount of time she spends watching TV, playing video games, texting friends and fiddling with a tablet. She may be surprised how quickly those minutes add up.

If your child is spending less than two hours a day in front of a screen, she is on the right track. If she is spending more, it's time to set limits.

Studies show that when parents set any media rules, kids' screen time drops by an average of more than three hours a day!

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