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How much screen time is too much for a child's brain and its relevance to Adhd and Autism

Read our blog to find out more →



Anything in excess is injurious to one's health even something that as sweet as honey. This is especially true when it comes to technology and children. In today's world technology is as irreplaceable as the very air we breathe. So, it is only natural children are being exposed to phones, tablets, laptops at a very young age. It is also not unheard of for a parent to utilise technology to engage their child. While, tech improvements provide fantastic means for education and entertainment it has several cons.

# Before we explore that...What is screen time?

"Screen time" is a term used for activities done in front of any screen such as televisions, computers, I-pads or even video games. "Screen time is a sedentary activity meaning you are being physically inactive while sitting down. Very little energy is used during screen time"



## **How much is too much?**

While it is certainly impossible to completely avoid screen time altogether not only because it is unreasonable but also because there are certain pros to having access to such technology.

For example, increased access to internet helps in increasing awareness and education of several topics such as this one. Increase in advancements of technology also aid in making education more interactive and make the world a more accessible place for disabled individuals. It can also help calm children down and retain concentration when used in moderation

However, without restrictions too much exposure to the internet can have adverse effects on children. Due to the possible harmful algorithms of social media and media platforms that depend on children clicking on videos that deliberately bait their viewers through loud thumbnails; children are more at a risk of being over exposed to 'damaging content' and falling into bad habits of excessive consumption.

This kind of consumption can lead to several issues that can affect children mentally and physically. Some of them are as follows:

- Exposure to predatory advertisement
- Negative stereotypes
- Misleading or inaccurate information
- Sleep problems
- Lethargy and weight problems
- Poor self-image and body issues
- Less interest in outdoor and physical activity
- Can lead to increased chances of depression and anxiety

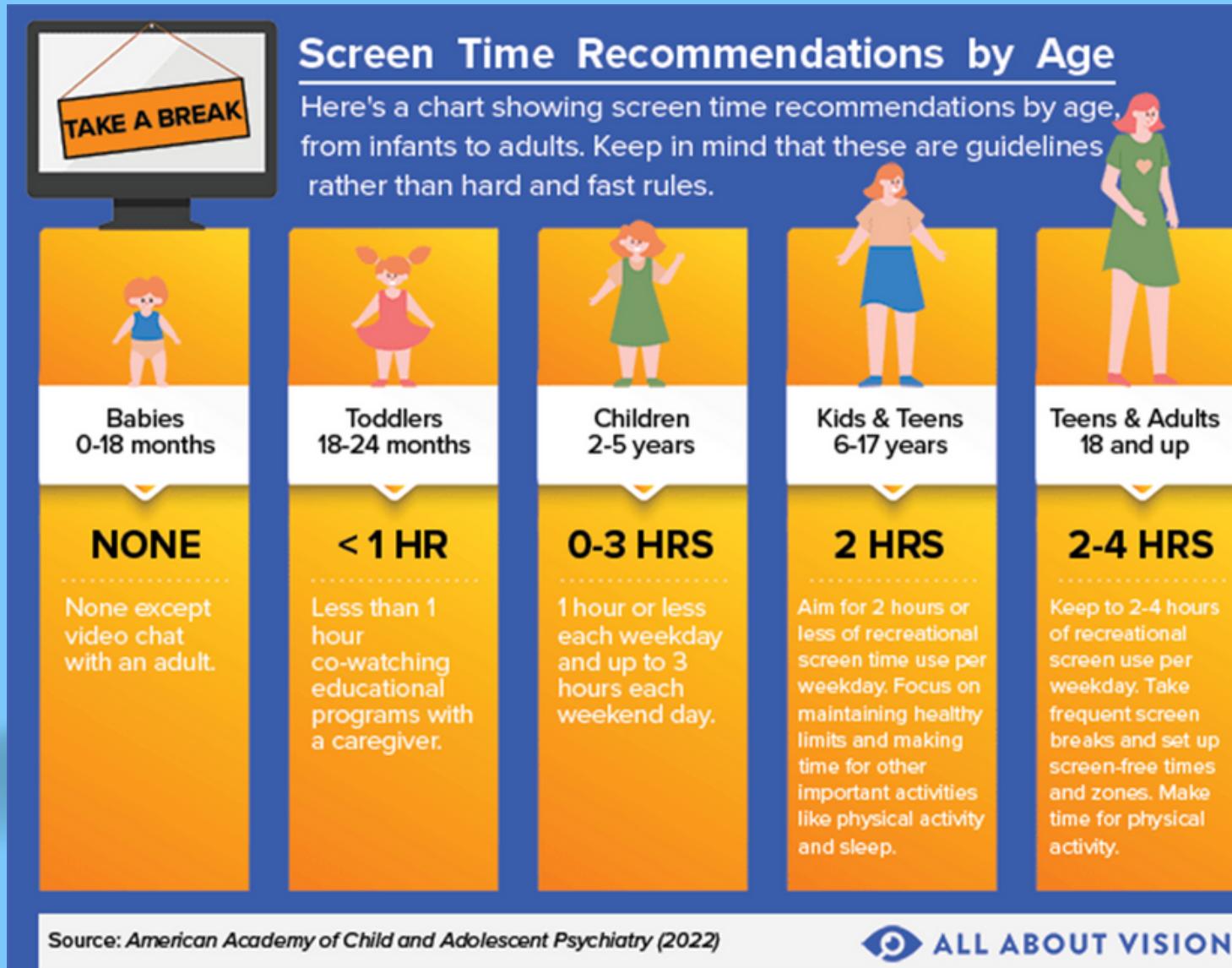


# Relevance to children with Autism and ADHD

While the previously provided information applies to all types of children there are certain specific issues that may affect children on the Autism Spectrum and kids who have ADHD. For example, as the California Association of Health and education states –“Children with autism are prone to arousal regulation issues, manifesting in an exaggerated stress response, emotional dysregulation, or a tendency to be over or under-stimulated; screen time increases acute and chronic stress, induces hyperarousal, causes emotional dysregulation, and produces overstimulation”.

Excessive screen time is in no way responsible for the occurrence of ADHD itself in children. However, excessive screen time could possibly have a heightened impact as opposed to neurotypical children. Children with ADHD are more likely to fall into excessive consumption of technology and therefore unregulated screen time can be particularly harmful. Not only this, excessive screen time can also make them vulnerable to mental health issues such as anxiety.

# Recommended screen time





## Conclusion!

While it may be tricky to figure out the logistics of screen time and how much a child should use it is far from a scary topic.

Nothing is black and white and there are certain pros and cons to screen time. Parents must strive hard to strike a balance so as to facilitate holistic development in their children.

# Bibliography and further resources:

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