

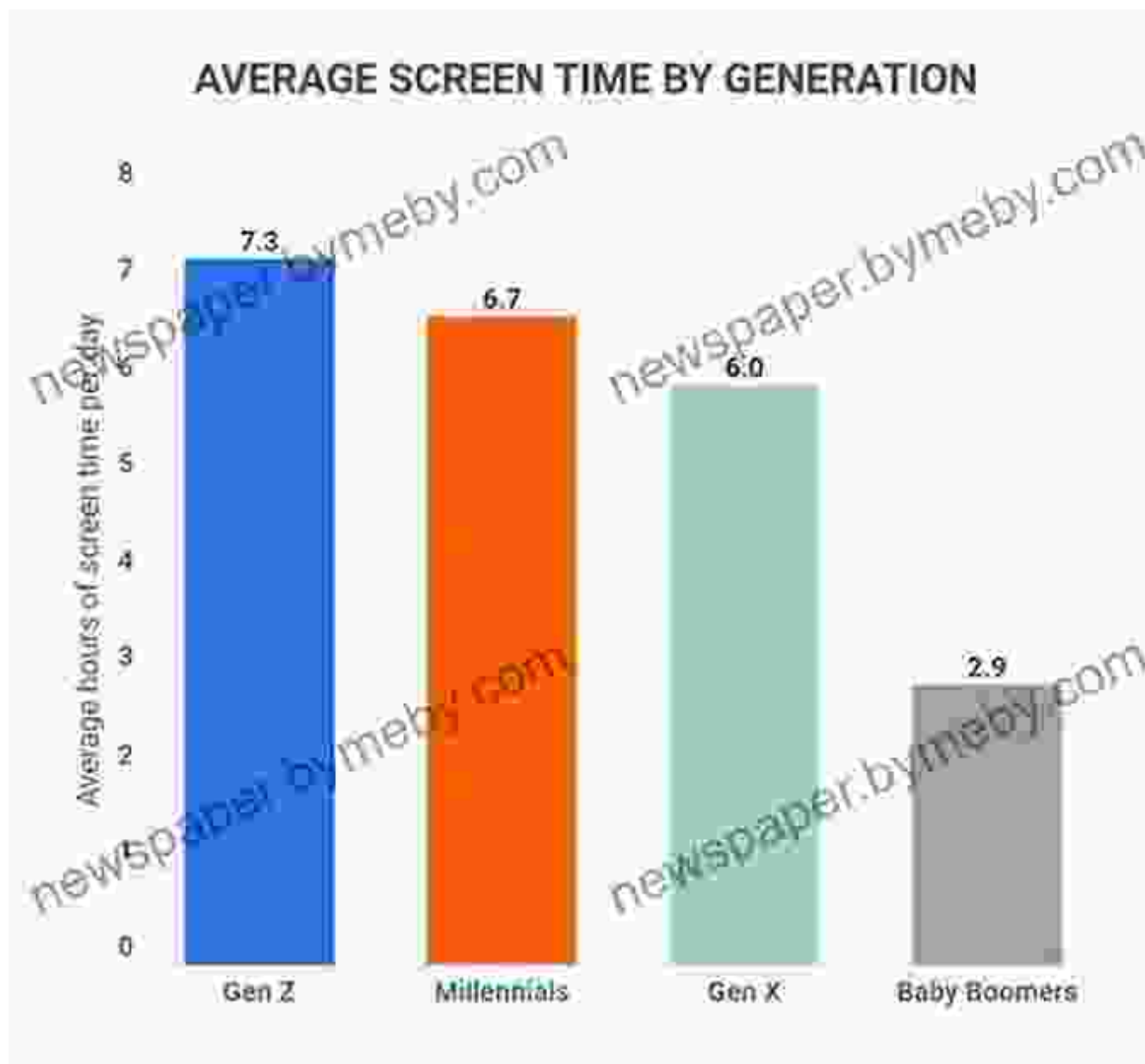
How Screen Addiction Is Hijacking Our Kids And How To Break The Trance



In today's digital age, children are increasingly spending more time on screens. While technology can offer educational and entertainment benefits, excessive screen use can lead to a range of physical and mental health problems. In this article, we will explore the harmful effects of screen addiction on children and provide practical strategies for parents to help their kids break the trance and develop a healthier relationship with technology.

The Alarming Statistics

According to a recent study by the American Academy of Pediatrics, children and teens spend an average of seven hours per day on screens. This includes time spent on smartphones, tablets, computers, and video game consoles. Alarmingly, some children spend even more time on screens, with some studies showing that teens can spend up to 11 hours per day on their devices.





Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance by Nicholas Kardaras

★★★★☆ 4.7 out of 5

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File size : 3797 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 302 pages



The Harmful Effects of Screen Addiction

Excessive screen use can have a number of harmful effects on children's physical and mental health. These effects include:

- **Obesity:** Studies have shown that children who spend more time on screens are more likely to be overweight or obese. This is because screen time often replaces physical activity, and children who are sedentary are more likely to gain weight.
- **Sleep problems:** The blue light emitted from screens can interfere with the production of melatonin, a hormone that helps us fall asleep. This can lead to difficulty falling asleep, staying asleep, and getting a good night's sleep.
- **Mental health problems:** Excessive screen use has been linked to a number of mental health problems, including anxiety, depression, and attention deficit hyperactivity disorder (ADHD). This is because screens can be stimulating and addictive, and they can interfere with our ability to focus and concentrate.

- **Social problems:** Children who spend too much time on screens are less likely to engage in face-to-face interactions with their peers. This can lead to problems with social skills and relationships.

How to Break the Trance

If you're concerned about your child's screen use, there are a number of things you can do to help them break the trance and develop a healthier relationship with technology. These strategies include:

- **Set limits on screen time:** One of the most important things you can do is set limits on how much screen time your child gets each day. The American Academy of Pediatrics recommends that children under the age of 2 should not be exposed to any screen time, and that children aged 2 to 5 should be limited to one hour of screen time per day. For older children, screen time should be limited to two hours per day.
- **Create screen-free zones:** Designate certain areas of your home as screen-free zones, such as the dinner table or the bedroom. This will help your child to break the habit of using screens in all areas of their life.
- **Offer alternative activities:** When your child is not using screens, make sure to offer them alternative activities that they enjoy, such as playing outside, reading, or spending time with friends. This will help them to develop other interests and hobbies.
- **Talk to your child about screen use:** Talk to your child about the importance of limiting screen time and the potential risks of excessive screen use. Explain to them that you're not trying to punish them, but that you're concerned about their health and well-being.

- **Be a role model:** Children learn by watching the adults in their lives. If you want your child to limit their screen use, you need to set a good example and limit your own screen use.

Screen addiction is a serious problem that can have a number of harmful effects on children's physical and mental health. However, there are a number of things that parents can do to help their kids break the trance and develop a healthier relationship with technology. By setting limits on screen time, creating screen-free zones, offering alternative activities, talking to your child about screen use, and being a role model, you can help your child to break the trance

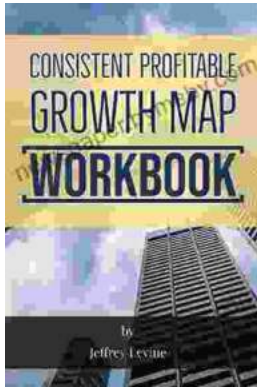


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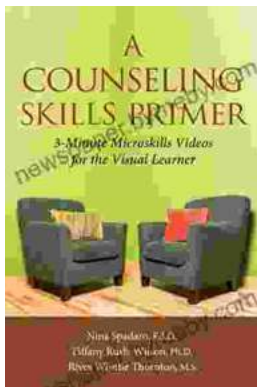
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