



## **Research is showing that too much screen time is associated with:**

- lower math and school achievement
- reduced physical activity and higher rates of obesity
- irregular sleep patterns
- delayed language development
- higher levels of aggression
- shorter attention spans
- hyperactivity
- emotional and behavior problems
- difficulty dealing with peers
- decreased creativity and problem solving abilities

We recommend limiting total screen time to no more than 30 minutes per day.

Leave TVs and computers out in public rooms of the house, we don't recommend TVs or computers in a child's bedroom.

Research is showing that children who have extended time in front of a screen after school have problems sleeping at night. We recommend no technology after dinner.

The school's partner optometrist Dr Jennifer Burke, OD, strongly recommends no screen time before bedtime.

*Silvi*