

## Please Limit Screen Time! (TV, video games, computer, handheld devices, iPads, phones, etc)

Research on the brain suggests that an infant/toddler should not be exposed to ANY screen until the age of three years old.

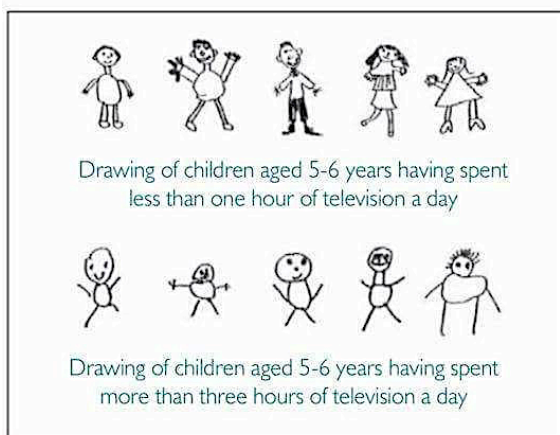


The sensorimotor impact of increased screen time in children and deprivation of essential forms of sensory input are overwhelming. The brain **NEEDS** the crucial and critical sensory input of vestibular, tactile, and proprioceptive input for it to develop a solid foundation for all of the developmental milestones and higher level skills needed in life such as: **academic, language, and social.**

So when a little one is in front of a screen/TV, they are being deprived of the essential sensory experiences in which their brain really needs.

- **The vestibular system** is closely integrated with tactile (**touch**), proprioception (sense of movement), auditory (hearing), kinaesthesia (**muscle awareness**) and **vision**. In order for us to have a sense of balance and stability the “neural software” of the vestibular system must effectively integrate with all of these sensory systems and especially the dominant sensory system - **VISION!**

- **The visual system** needs to be stimulated via full visual tracking, scanning, and visual perception. We are depriving the visual system of critical information with our eyes glued in a steady gaze to a screen. The visual input received from screen time is **NOT** beneficial for brain development!



*It appears it is not just language development that is adversely affected by too much screen time*

**Drawing self / a person requires a solid visual and vestibular foundation to the sense of self and others.**

Both these systems are involved in “**body awareness**”, which supports a child’s idea – physical and mental perception of its own body, and of the body shape of others. We make children touch and name parts of their body to bring fuller awareness to their own shape and where they are in space. This awareness is needed for a child to be able to draw a person.

Other effects:

- When the head and neck is in constant flexion with shoulders rounded forward, it has a negative impact on posture and back/neck health. The brain and nervous system thrive and depend on neck extension for self-regulation...this activates the brainstem, which promotes self-regulation. Looking down at a screen allows for **ZERO** neck extension.

- Our arms are intended to move through full range of motion throughout our daily activities, this provides proprioception to our upper body via joint traction and compression...with the arms tucked in and hands barely moving, we deprive the brain and nervous system of essential sensory input.

Without the proper amount of proprioceptive and vestibular input, all of our brains are negatively impacted... effects mood, emotions, the ability to concentrate, the sleep/wake cycle, overall health and well being, and relationships with others.

*Sources & References:*

- *Step Away From The Screen.* By Angie Voss, OTR
- *The See-Sick Syndrome...When Visual Dysfunction Causes Motion Sickness.* By Dan L. Fortenbacher, OD, FCOVD
- *INSERM Study on the impact of television on children*

**Impact of television on children.**

**Gupta RK1, Saini DP, Acharya U, Miglani N.**  
**Indian J Pediatr. 1994 Mar-Apr;61(2):153-9.**

**Abstract**

Television viewing has a great impact on various aspects of child's life. This study was carried out at Sir Padampat Mother & Child Health Institute, Jaipur (Rajasthan). The aim was to study the effects of television viewing on a child's eating habits, general physical health, physical activities, interest in study and school performance. Only 250 children of 3-10 years age groups were studied for a period of nine months (January 1992 to September 1992). Average duration of television exposure to an individual child was 18.5 hours per week in the study. Significant **changes were observed in a child's eating habits, weight, physical activity, sleep pattern, interest in study and general physical health.** Increase in weight was observed in 19.6% children suggesting that the television viewing may predispose to childhood obesity. In 30.4% cases decrease in physical activity was found, 18.4% children showed decreased interest in study, while 10% children showed decrease in school performance, and sleep pattern was disturbed in 24% children. Medical problems were found in 11.6% children. Significantly two children had precipitation of fits on television viewing.

**The brain responds best to  
purposeful and meaningful play**