

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

Screen addiction is a serious problem that is affecting our kids in a big way. According to a recent study by the American Academy of Pediatrics, children spend an average of seven hours per day on screens. That's more time than they spend sleeping! And it's having a negative impact on their physical, mental, and emotional health.



Technology For Kids: How Screen Addiction Is Hijacking Our Kids and How to Break the Trance (Bullying, Sexting...) by Nelson Matoke

★★★★★ 5 out of 5

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The Signs Of Screen Addiction

There are a number of signs that may indicate your child is addicted to screens. These include:

- Spending excessive amounts of time on screens
- Having difficulty controlling their screen use

- Feeling anxious or irritable when they're not using screens
- Continuing to use screens even when it's causing them problems
- Withdrawing from social activities and spending more time alone
- Experiencing difficulty sleeping
- Having headaches or eye strain

The Impact Of Screen Addiction On Kids

Screen addiction can have a negative impact on kids in a number of ways, including:

- **Physical health:** Screen addiction can lead to obesity, sleep problems, and eye strain.
- **Mental health:** Screen addiction can increase the risk of depression, anxiety, and social isolation.
- **Emotional health:** Screen addiction can make kids more irritable, aggressive, and less empathetic.
- **Academic performance:** Screen addiction can interfere with kids' ability to focus and learn.
- **Social relationships:** Screen addiction can damage kids' relationships with their family and friends.

How To Break The Trance

If you're concerned that your child is addicted to screens, there are a number of things you can do to help them break the trance. These include:

- **Set limits on screen time.** Start by setting limits on the amount of time your child can spend on screens each day. You can gradually increase the limits as your child gets older.
- **Create screen-free zones.** Designate certain areas of your home as screen-free zones, such as the dinner table and the bedrooms.
- **Offer alternative activities.** Provide your child with other activities to do instead of screen time, such as playing outside, reading, or spending time with friends.
- **Be a role model.** Kids learn by watching the adults in their lives. If you want your child to limit their screen time, you need to do the same.
- **Seek professional help.** If you're struggling to help your child break their screen addiction on your own, don't hesitate to seek professional help.

Screen addiction is a serious problem, but it's one that can be overcome. By setting limits, creating screen-free zones, offering alternative activities, being a role model, and seeking professional help when needed, you can help your child break the trance and get their life back.

If you are concerned about your child's screen use, please reach out to a trusted adult or professional for help.

Additional resources:

- [HealthyChildren.org](https://www.healthychildren.org)
- [Common Sense Media](https://www.commonsensemedia.org)

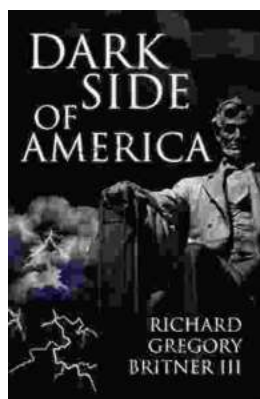
- Screenagers Movie



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