Our Children and Media

Our children are constantly being bombarded with information and media from TV, smartphones, computers, and tables.

Consequence from Media Over Exposure:

- Obesity
- Sleep Disturbances
- Loneliness and Depression
- Cyberbullying and Aggression
- Academic Problem
- Other Behavior and Cognitive problems

Tips to Cut Down on Screen Time:

- Model Healthy “Media Diets”
- Make a Media Plan
  - Limit Entertainment Screen Time to Less Than 1-2 hours per day
  - For Children under 2, Discourage Screen Media Exposure
- No Media or Phone 1 Hour Before Bed to Decrease Sleep Disturbance
- Keep Televisions, Computers, Cell Phones, and Tablets out of Children’s Rooms
  - The Presence of Media Devices in Bedrooms Increasing Viewing
- Use your DVR and Parental controls
- Monitor what your Children are Using and Accessing (including Social Networks)
- Don’t eat front of the TV
- Encourage Active Play
- Promote Family Activities
- Promote Extracurricular Activities

2 Timothy 1:7 “For God gave us a spirit not of fear but of power and love and self-control.”

https://www.andrews.edu/services/ima/