

## Tips for Summer Screen Time: What Parents Need to Know

With summer fast approaching, it's essential for students to balance screen time with other healthy activities. Screen time is the amount of time spent in front of computers, tablets, and smartphones.

While there are many benefits to using technology, too much screen time can have adverse effects on children's well being. Physically, students can suffer from headaches, neck and shoulder pain, sleep irregularities, and vision issues. Their posture can be affected as well as changes in behavior and attitude. Too much screen time can affect students' relationships and socialization with their peers.

### What can parents do to ensure their children do not suffer from too much screen time?

- Set limits for the amount of time your children have access to screen time.
- Implement consistent rules surrounding screen time.
- Model appropriate use of screen time to your children and limit your own screen time.
- Closely monitor the games, apps, and sites your children are on. Play them with your child or preview them first.
- Monitor children's screen time by using a parental control app. View a list of the [top 5 parental control apps to monitor screen time](#).
- Keep screens out of your children's bedrooms at night.
- Charge devices in common areas, such as kitchens or family rooms, and not in bedrooms.
- Create teachable moments around screen time.
- Have regular conversations about responsible use of technology.
- Reduce exposure to blue light filters with protective screen overlays, such as Zagg Invisible Shields.

### Resources

Screen time and children - How to guide your child (Mayo Clinic)

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

"Is too much screen time bad for kids?" (Jeff Herman)

<https://www.allaboutvision.com/parents/screen-time-for-kids.htm>

Best Parent Control Apps to Monitor and Limit Screen Time (Educational App Store)

<https://www.educationalappstore.com/best-apps/best-parental-control-apps-to-monitor-and-limit-screen-time>