According to Dr. Gianpiero, M.D., when we have face-to-face reasons for this issue—both psychological and biological—to as “Zoom Fatigue” and the struggle is real. There are many much screen time is our brain. This condition is being referred involving digital devices.

Besides our eyes, the other vital organ being impacted by too many (e.g. outside) that have them using their imaginations—NOT digital world with mindful interaction. Better yet, find activities the AAP recommends a “family media plan” that balances the social interaction they need to develop. For children over 5, and hours of screen time may not be getting the face-to-face videos.” The issue is that younger children exposed to hours “Kids under 18 months have the least to gain from watching TV. A study was done by Emory University schools where 123,535 students were screened (1st – 6th graders) after being quarantined. It found myopia had skyrocketed. This rate was especially high for 6 to 8 year olds. Symptoms include: blurry or double vision and headaches. Prevention is vital to keep it from progressing to a more serious eye ailment. This study can be read in New York Post as written by Dr. Milan Ranken, Ophthalmologist. He gives a tip which he calls the “20-20-20” rule: For each 20 minutes of activity, look away from screen for 20 seconds (or more!) and then rest eyes for 20 seconds (or more.) His other suggestion is: “back to school will be better for kids’ eyes.”

Another issue is more specific regarding infants under 18 months. Dr. Jenny Radesky, M.D. and assistant professor at pediatrics at University of Michigan Medical School states, “Kids under 18 months have the least to gain from watching videos.” The issue is that younger children exposed to hours and hours of screen time may not be getting the face-to-face social interaction they need to develop. For children over 5, the AAP recommends a “family media plan” that balances the digital world with mindful interaction. Better yet, find activities (e.g. outside) that have them using their imaginations—NOT involving digital devices.

SERVICES ARE VERY STIMULATING
Not necessarily in a good way

According to 2018 Nielsen Company report, the average adult spent about 11 hours each day on smart-phone, IPads, computers, video games or TV. In 2020, children spent an average of 4-5 hours on screens (not including school!) Teens averaged about nine hours. Some of these statistics (American Academy of Child & Adolescent Psychiatry) will change during pandemic-era times, but if you were wondering what schooling, working and socializing remotely means for our emotional and physical health, let’s start with looking at our EYES.

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Besides our eyes, the other vital organ being impacted by too much screen time is our brain. This condition is being referred to as “Zoom Fatigue” and the struggle is real. There are many reasons for this issue—both psychological and biological. According to Dr. Gianpiero, M.D., when we have face-to-face interactions, humans subconsciously absorb and respond to a host of signals that help us communicate. On the other hand, while on screens our brains have to put more effort into that processing and this is mentally exhausting.

So how do we find ways to ensure that we are enhancing our minds (e.g. those little developing brains of our children) rather than “turning us into giant piles of dead brain cells with aching necks and social-media-perfect-life influencer envy?”

Seriously, look at your OWN screen time because kids who’ve HAD faces hooked up to screens this past year also have “Zoom Fatigue.” We need to DETOX! So let’s begin with a review (last article called “The New Normal” is on our webpage.)

- Children under 18 months = NO screen time (exceptions are quality, monitored time with family chats, Face Time and music.)
- Children 18-24 months = Choose ONLY high quality media and watch it with them.
- Children 2-5 years less than 2 hours per day; school age children who do more than this are more likely to have emotional, social, and attention issues.
- (These recommendations are according to American Academy of Pediatrics.)

TVs in bedrooms equates children doing worse on academic testing because the light emitted from screens interferes with the sleep cycle and the brain activity. Again, JAMA researchers have concluded that higher levels of screen time were associated with poor performance on screening measures assessing children’s important opportunities to practice and achieve social, motor, and communication skills.

MOVING LIVES FORWARD

Quote of the Week:
“Your child will not remember what TV shows you watched; they will remember what fun activities you did together.”

References/Resources:
- Good Housekeeping Blog
- www.zerotothree.com
According to Dr. Gianpiero, M.D., when we have face-to-face interactions, it’s referred to as “Zoom Fatigue” and the struggle is real. There are many ways our brains are being impacted by too much screen time. Besides our eyes, the other vital organ being impacted by too much digital device use is our minds. This condition is being referred to as “screen fog,” where our minds (e.g. those little developing brains of our children) rather than “turning us into giant piles of dead brain cells with aching minds (e.g. those little developing brains of our children) rather than building and developing the strongest minds,” according to Dr. Milan Ranken, Ophthalmologist. He gives a tip which he calls the “20-20-20” rule: For each 20 minutes of activity, look away from screen for 20 seconds (or more!) and then rest eyes for 20 seconds (or more). His other suggestion is: “back to school will be better than ‘turning us into giant piles of dead brain cells with aching minds (e.g. those little developing brains of our children) rather than building and developing the strongest minds.’”

Author of The Art of Screen Time says, “Technology is often serving in the role of an emotional comfort object.” So as easy as it can be to JUST give in – i.e. give them the iPad, take some time, ask them to name their feelings/needs and then maybe, just maybe you can come up with some other activity that meets their need in a healthier way.

So, in conclusion, give some serious thought to how you (& yours) can “power down”- have human face to face time by developing a Family Media Plan that will benefit everyone and possibly improve relationships.

Isn’t that what we really need most in this world now?

References/Resources:
www.zerotothree.com
Journal of American Pediatrics
Good Housekeeping Blog
# Activities to Do with Your Children at Home

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>Wash the Car or Bikes Together</td>
<td>Play Games Together: Simon Says, Duck Duck Goose, Red Light Green Light</td>
<td>Family Picnic Inside or Outside</td>
<td>Cuddle and Look at the Stars</td>
<td>Play Dress Up</td>
<td>Find Shapes in the Clouds</td>
<td>Enjoy Reading a Book</td>
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<td>Look for Your Favorite Colors</td>
<td>Build with Legos or Blocks</td>
<td>Have a Texture Scavenger Hunt</td>
<td>Sing and Dance to Music</td>
<td>Share the Best Part of Your Day</td>
<td>Learn and Draw Shapes</td>
<td>Draw with Sidewalk Chalk</td>
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<tr>
<td>Find Items that Start with the First Letter of Your Childs Name</td>
<td>Family Movie Night</td>
<td>Take a Nature Walk</td>
<td>Play Hop, Skip and Jump</td>
<td>Taste a New Food</td>
<td>Make a Healthy Snack</td>
<td>Make a Tent/Fort</td>
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<tr>
<td>Read a Bedtime Story</td>
<td>Make Dinner Together</td>
<td>Swing on Swings</td>
<td>Play Dress Up</td>
<td>Help Your Child Send an Email or Letter to a Grandparent</td>
<td>Plant Seeds from Something You’ve Eaten Like Watermelon</td>
<td>Make and Play with Playdough</td>
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</table>
**MEET CENTENNIAL’S EARLY CHILDHOOD CONSULTATION TEAM**

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**Launching Zoom Secure Telehealth Services!**

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.

**Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.**

www.centennialmhc.org

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