

PlayRx Play Date

November 2024 - Screentime

Staff Spotlight

This month's staff spotlight is Madison Bowland OTD, OTR/L. She is a Recently Doctor of Occupational Therapy graduate from the University of Central Arkansas. Madison is going to share important information about children and screen time. In OT school, her very good friend, Amanda Locknar, OTD, OTR/L, did her doctoral capstone project analyzing the effects/factors that infant screen time has on play and development which grew Madison's interest and opened my eyes to how prevalent it is in the world that we currently live in with technological advancements and during this post-covid time. It is so common to see children with their noses in screens out in the community which can be quite alarming once educated on what negative effects this may have on development. Madison loves cheering on the UCA football team, quilting, reading, baking, and spending time outdoors and with family and friends



The Effects of Screen Time Developmentally

Each year as the world becomes more and more technologically advanced, the exposure of screen time for children increases significantly. According to the American Academy of Pediatrics, it is recommended that children receive no screen time before 18-24 months with the exception of video chatting and should not exceed more than 1 hour of high quality media for children aged 2-5. Statistics show that infants (6-18 months) are being exposed to screens 2-3 hours/day which encompasses around half of their daily routines being most abundant during play. Play is a crucial occupation that begins as soon as infancy and is essential for the development of language, cognition, emotional regulation, and social and motor skills. The more time a child spends in front of a screen, the less time they spend exploring the environment through play, connecting with their caregivers, and testing how their body moves. Therefore, the increased overuse of screen time can lead to negative affects on a child's development, sleep, diet, weight, and vision.

Implications for Development:

- Greater incidence of developmental delay at 36 months
- Decreased executive functioning
- Decreased self-soothing behaviors
- Decreased attachment & caregiver bond
 - Leads to poorer mental health & decreased social-emotional development
 - Barrier to infant-parent interactions
- Atypically high frequency of sensory related behaviors in all 4 sensory quadrants (low registration, sensation seeking, sensory sensitivity, sensation avoiding)
- Excessive screen media exposure is related to delayed language development due to fewer verbal interactions from parents

Implications for Sleep:

- Shorter sleep duration- Avg 13 min less per hour of screen time
- Daytime Sleepiness is a reciprocal effect of evening exposure/lack of sleep

Implications for Diet:

- Interrupted mealtimes
- Greater exposure to food marketing
- Lower awareness of satiety cues
- Decreased interest in food

Implications for Weight:

- Early sedentary behaviors
- Minimal gross motor movements
- Higher Body Mass Index (BMI)
- Visual fixation that interrupts motivation to play

Implications for Vision:

- Digital Eye Strain (DES)
 - Smaller screens require closer viewing angle & greater eye strain
- Peripheral vision
- Oculomotor skills

Developmental Tips

Screen free and healthy screen activities at home:

Play at home

Healthy Screen Habits:

- Facetime
- Family Mediated
- Screen time content from educational sources such as PBS
- Limit screen time to TV instead of Tablet/ Smartphone
- Avoid screen time before bed
- Avoid screen time during meals

Routines Excluding Screens:

- Encourage child to get involved with family tasks (household chores, ect.)
- Outdoor time
- Reading
- Music
- Play

Creation Station

When?- Tuesday, November 12: 3:30pm - 4:30pm

What? - Come and find a different project each week. Develop your social, motor, and problem-solving skills while getting messy and having fun!

Where?- Sanders Library

10200 Johnson Dr
Sherwood, AR 72120

Play in the Community

Community Events

Move 'N' Groove

When?- Saturday, November 23: 9:30am - 10:30am

What? - Join us for a dance-based workout session for all skill levels!

Where?- Children's library-theater

4800 W 10th Street
Little Rock, AR 72204

Holidays:

November 28- Thanksgiving- Play Rx closed

Birthdays:

November 2- Kaelyn Turner

November 11- Bailey Walter

November 15- Carol O'Conner

Help Us Celebrate!

PlayRx Resources



Learn more about our staff here: <https://www.playrxtherapy.com/our-staff/>

For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/>

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