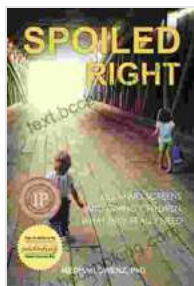


Delaying Screens And Giving Children What They Really Need



Spoiled Right: Delaying Screens and Giving Children What They Really Need by Meghan Owenz

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3276 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 291 pages
Lending	: Enabled



As parents, we all want what's best for our children. We want them to be happy, healthy, and successful. In today's world, it's more important than ever to delay screens and give children what they really need.

The Problem with Screen Time

Screen time is a major problem for children today. The average American child spends over 7 hours a day in front of a screen. This is more time than they spend sleeping, eating, or playing outside.

There is a growing body of research that shows that screen time is harmful to children's development. It can lead to problems with attention, sleep, and behavior. It can also increase the risk of obesity, heart disease, and other health problems.

The Benefits of Delaying Screens

Delaying screens has a number of benefits for children. It can help them develop better attention spans, sleep habits, and behavior. It can also reduce their risk of obesity, heart disease, and other health problems.

Here are some of the specific benefits of delaying screens:

- **Improved attention spans.** Children who delay screens have better attention spans than those who start using screens at a young age.
- **Better sleep habits.** Children who delay screens sleep better than those who start using screens at a young age.
- **Improved behavior.** Children who delay screens have fewer behavior problems than those who start using screens at a young age.
- **Reduced risk of obesity.** Children who delay screens are less likely to be obese than those who start using screens at a young age.
- **Reduced risk of heart disease.** Children who delay screens are less likely to develop heart disease than those who start using screens at a young age.

How to Delay Screens

Delaying screens is not always easy, but it is worth it. Here are some tips for delaying screens:

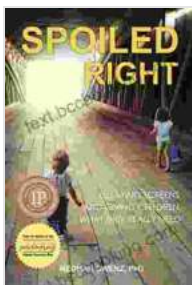
- **Set limits on screen time.** The American Academy of Pediatrics recommends that children under the age of 2 avoid screen time altogether. For children ages 2 to 5, limit screen time to 1 hour per day. For children ages 6 and up, limit screen time to 2 hours per day.

- **Be a role model.** Children learn by watching their parents. If you want your child to delay screens, you need to delay screens yourself.
- **Offer alternatives to screen time.** There are many other activities that children can enjoy instead of screen time, such as playing outside, reading, or spending time with friends and family.
- **Be patient.** It takes time to change habits. Don't get discouraged if your child doesn't immediately stop using screens. Just keep setting limits and offering alternatives, and eventually your child will learn to enjoy other activities more than screen time.

Delaying screens is one of the best things you can do for your child. It can help them develop better attention spans, sleep habits, and behavior. It can also reduce their risk of obesity, heart disease, and other health problems. By following the tips in this article, you can help your child delay screens and give them the best possible start in life.

If you are looking for more information on how to delay screens, please visit the website of the American Academy of Pediatrics:

<https://www.aap.org/en/policy/screen-time/>



Spoiled Right: Delaying Screens and Giving Children What They Really Need by Meghan Owenz

★★★★☆ 4.7 out of 5

Language : English
 File size : 3276 KB
 Text-to-Speech : Enabled
 Screen Reader : Supported
 Enhanced typesetting : Enabled
 Word Wise : Enabled
 Print length : 291 pages
 Lending : Enabled

FREE

DOWNLOAD E-BOOK



Gwendy's Final Task: A Thrilling Conclusion to a Timeless Saga

Prepare to be captivated by Gwendy's Final Task, the highly anticipated to the beloved Gwendy Button Box Trilogy. This riveting masterpiece,...



How FDR Defied Polio to Win the Presidency

Franklin D. Roosevelt is one of the most iconic figures in American history. He served as president of the United States from 1933 to 1945, leading the...