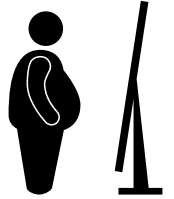


SCREEN TIME & ATHLETE DEVELOPMENT

OBESITY

Your athlete has an increased risk of gaining weight if their screen time is not controlled. According to Harvard T.H. Chan School of Public Health, "Studies that follow children over long periods of time have consistently found that the more TV children watch, the more likely they are to gain excess weight."



IRREGULAR SLEEP

The more your athlete watches a screen, the more likely he or she will have trouble sleeping. "Most studies consistently demonstrate that lack of recommended sleep results in poor sense of well-being, increased perceived training load, and poor placement in competitions," wrote Dr. Riederer in *Current Sports Medicine Reports*.



BEHAVIORAL ISSUES

Athletes who spend more than two hours a day watching TV are more likely to have emotional, social, or attention issues. As one study featured in the *International Journal of Behavioral Nutrition and Physical Activity* noted plainly, "Greater time spent in [screen time] behavior was associated with greater problem behaviors among children."



IMPAIRED ACADEMIC PERFORMANCE

Researchers at Yale, the National Institutes of Health, and the California Pacific Medical Center conducted a systematic review of 173 quantitative studies focusing on screen time and children. They found that 62% of studies reported a significant relationship between TV exposure and low academic achievement. There is further evidence that shows a link between TV in a child's bedroom and low academic performance.



MENTAL HEALTH

Another systematic review conducted by University College London psychologists Dr. Neza Stiglic and Dr. Russell Viner found "evidence that higher levels of screentime is associated with a variety of health harms" including "depressive symptoms and quality of life."



AAP RECOMMENDED SCREEN TIME

- *0 hours of screen time until 24 months.*
- *<1 hour of screen time between the ages of 2 and 5.*
- *<2 hours of screen time for ages 5 and above.*

MITIGATION MEASURES

- Implement a no-screen rule in your athlete's bedroom.
- Remove all electronics and screens during meals.
- Eliminate tablet or smartphone screen time.
- Enjoy screen time on weekends and special occasions. Eliminate on weekdays.
- Develop a family screen time rule (i.e. - no more than one hour a day).
- Replace habitual screen time with physical activity.

ADDITIONAL NOTES

- Passive screen time will never replace reading or problem-solving development.
- Co-viewing with your child is preferable when they are under the age of 5. This is particularly true for the earlier years, although you can adjust if your child begins to understand how to interact with the content on their own (i.e. - if the program asks for their participation, they try to provide an answer or join in the movement).
- Larger screens are better (TV over phone). It is difficult for your child to focus on a smaller screen. The larger screen also allows your child to view from a distance, which is less damaging to their vision.
- Educational and high-quality programming vs. low-quality programming. For children between the ages of 2 and 5, programming with music, movement, and stories are preferable.