



Physical Impacts of Screen time

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DID YOU KNOW?!



- The Centers for Disease Control and Prevention (CDC) reports:
 - ages 8-10 spend an average of **6** hours **per day** in front of a screen,
 - ages 11-14 spend an average of **9** hours **per day** in front of a screen,
 - youth ages 15- 18 spend an average of **7.5** hours **per day** in front of a screen.
- According to the WHO, over 23% of adults and **80%** of adolescents are not sufficiently physically active.
- Children as young as **2 years old** have their own tablets. The average **age of a child** getting a smartphone is now **10.3 years old**.

RESEARCH on screen time and child development

screen time



child development

“Greater screen time at 24 months was associated with poorer performance on developmental screening tests at 36 months, and similarly, greater screen time at 36 months was associated with lower scores on developmental screening tests at 60 months.”

Physical health

Behavior Issues

Poor posture

Poor core strength

Poor fine motor skills

Frustration

Impulsivity

Decreased cognitive skills

Overactive brain

Poor transitions

Addiction "state of being"

Less patience

Moodiness

Stress

Poor endurance

Mental health issues

Emotional health

Less self-control

Decreased attention

Less play

**Lower imaginative play
experience**

Less sleep

Less physical activity

less sensory exposure

Creative play experience

Unbalanced activity

Blue light emissions

Poor posturing

Less communication

Less interaction

Learning balance

THE SCREEN TIME ICEBERG

Prioritize!



Physical Impact on **Preschool Kids** (under 4 years)

“Higher amounts of screen time in preschoolers have been inversely related to their fundamental motor skills performance and lower manual dexterity performance on standardized testing. “

- **Poor Posture & Core** -> slouched, gross motor skills
- **Poor Fine Motor Skills** -> pencil grasp, grasp on fork & spoons
- **Play**-> development of play and imagination
- **Toileting**-> not tuning into their bodies
- **Feeding**-> used as a distraction to get child to eat

Physical Impact on **School Age Kids** (4+ years)



- **Posture and Core**-> hand development, pencil grasp
- **Motor Development**-> **motor planning, running, jumping, skipping etc.**
- **Poor Endurance** -> simple tasks may be too hard!
- **Sensory Exploration**-> **sensory processing challenges**

Challenges with Sensory Processing:

- **Over-responsivity:** Bright lights, loud noises, certain textures of clothing, or strong smells can be overwhelming and cause distress or discomfort.
- **Under-responsivity:** Unresponsive to touch, pain, or sounds, which can lead to difficulties recognizing environmental cues or engaging in social interactions.
- **Poor Sensory Discrimination:** Individuals might have trouble distinguishing between different textures or identifying where a touch is coming from.
- **Poor Motor Coordination:** Challenges in activities such as writing, tying shoelaces, or using utensils.
- **Emotional and Behavioral Challenges:** Easily overwhelmed, irritable, anxious, or have meltdowns when confronted with sensory triggers.
- **Difficulty with Transitions:** Changes in routine or new environments can be particularly challenging

Sensory Exploration



- Sensory Bins
- Water Play
- Nature Walks
- Sound exploration
- Messy Play
- Cooking and Baking
- Arts and Crafts
- Scent exploration
- Food play!



Physical Impact on **Teens**

- **Core & Posture**-> slouched, low tolerance for movement, “tech” neck
- **Endurance**-> sports, activities
- **Sedentary Lifestyle**-> overweight for their age group, leading to other health concerns



Reducing Screen Time

- Minimize **YOUR** own screen use around young children, especially during mealtimes, play, and other prime opportunities for social learning.
- **PRIORITIZE** interactions with children through conversation, play, and healthy, active routines.
- Decide when to use media together as a family and turn off screens when not in use.
- Ensure that media used in the presence of children is free of stereotyping, advertising, or other problematic content.
- Appropriate modelling of screen time





Molly Wright: How Every Child Can Thrive by Five: <https://www.youtube.com/watch?v=aISXCw0Pi94>

HOW TO GET YOUR KIDS OUTSIDE!

- Hopscotch
- Find a really good park in your area!
- Bike rides
- Mud kitchens!
- Outdoor scavenger hunt
- Family hikes
- Set up a water table
- ISPY with birds
- Painting rocks outside
- Yard work (collecting leaves, raking grass, shovelling snow)
- Snowball fight!
- Snowman building
- Create a fort!
- Walk along logs!



POSTURE & CORE

- Key in motor development
- Largely impacted by screen time across all ages
- When impacted can cause: difficulty sitting still, fine motor and gross motor skills, handwriting, fatigue, sometimes pain, participation in sports



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POOR POSTURE & CORE

A child with **poor core strength** usually:

- Slouches when writing, and may use the chair to support all aspects of their body
- Holds their head up with their hand
- Leans far into the table to gain support whilst sitting
- Move around in their seat a lot
- Fatigues easily, and may require frequent rest breaks during writing and physical activities.
- Difficulty on playground equipment such as slides, poles, see saws, and swings – needs to exert more effort than peers
- Struggles to get up and down off the ground
- Doesn't like to participate in rough and tumble play



How to improve core and posture

- Wheelbarrow walking races
- Obstacle Courses
- Animal Walks
- Plank Competitions
- Playing at the playground, eg. swings, climbing, monkey bars, slides and poles
- Encourage your child to sit with correct posture during seated activities
- Laying on tummy while writing or coloring (prone position)



The 90-90-90 position

Ideal for:

- **feeding:** helps children sit safely and upright, which can help them focus on eating and coordination.
- **toileting**
- **writing**
- **working at a desk:** can help prevent neck, shoulder, back, and tension headaches.



ACTIVITY TIME!

Everyone pull out your phones! (5 minutes)

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THE END

Thank you for listening!

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QUESTIONS?

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or call us at (514) 428-0123

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RESOURCES

- <https://www.theottoolbox.com/research-on-screen-time-for-kids/>
- <https://cps.ca/en/documents/position/screen-time-and-preschool-children>
- <https://www.theottoolbox.com/symptoms-of-too-much-screen-time/>
- <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2722666>
- <https://cps.ca/en/documents/position/screen-time-and-preschool-children>