



Time restrictions on screen



A definition

Screens are everywhere in our daily life, from TV to computers, from smartphones to tablets. Such technology impacts the lives of both adults and children. Blue lights and the constant stimulation of social media can have an impact on sleep and stress, and increase anxiety.



Why is this important?

According to the [Kaiser Family Foundation](#), people aged 8-18 spend, on average, 7.5 hours in front of a screen for entertainment each day, 4.5 of which are spent watching TV. The problem is that long exposure to screens may have an impact on mental and physical health. International recommendations suggest not exposing children to more than 2 hours per day, while updated studies affirm that higher hours a day (up to 6) can be normal for teenagers as long as they use the devices in a safe way.



Tips and tricks

- ➔ Encourage active screen time: active learning doesn't have the same negative impact.
- ➔ Be a role model: show your children that you are not always using digital devices.
- ➔ Set time control: establish rules to regulate the screen exposure of your children.
- ➔ Encourage other activities: reading books, playing together, spending time outdoors.



Useful resources and tools



EU Commission, [Recommendations on sedentary time for children and adolescents | Knowledge for policy \(europa.eu\)](#), lists examples of recommendations on sedentary time for children and adolescents as described by relevant organisations.



Euronews, [TikTok sets 60-minute screen time limit for users under 18 - and a 'sleep reminder' for all | Euronews](#), shared a news from TikTok related to screen time limits.



Eleanor Bird on MedicalNewsToday, [Should parents limit screen time for young children? \(medicalnewstoday.com\)](#), and Vivian Coblenz on Turbofuture, [5 Reasons Parents Should Limit Screen Time and How to Do It - TurboFuture](#), explain the reasons why parents should limit time screen.