

How Screen Addiction Is Hijacking Our Kids And How To Break The Trance

It's no secret that kids are spending more and more time on screens. In fact, a recent study found that the average American child spends over 7 hours a day on screens. That's more time than they spend sleeping!



Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance by Nicholas Kardaras

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And while there are some benefits to screen time, such as educational apps and games, there are also some serious risks. Screen addiction can lead to a number of problems, including:

- Obesity
- Sleep problems
- Anxiety and depression
- Social isolation

- Academic problems

So what can we do to help our kids break free from the trance of screen addiction? Here are a few tips:

1. Set limits on screen time. It's important to set clear limits on how much screen time your child is allowed each day. And stick to those limits!
2. Encourage other activities. Make sure your child has plenty of other activities to keep them occupied, such as playing outside, reading, or spending time with friends.
3. Talk to your child about screen addiction. It's important to talk to your child about the risks of screen addiction and why it's important to limit their screen time.
4. Be a role model. If you want your child to limit their screen time, you need to set a good example by limiting your own screen time.
5. Seek professional help. If you're struggling to help your child break free from screen addiction, don't hesitate to seek professional help. A therapist can help your child understand the underlying causes of their addiction and develop healthy coping mechanisms.

Screen addiction is a serious problem, but it is one that can be overcome. By following these tips, you can help your child break free from the trance of screen addiction and live a healthier, more fulfilling life.

Additional resources

- [HealthyChildren.org](https://www.healthychildren.org)
- [Common Sense Media](https://www.commonsensemedia.org)

- Screenagers



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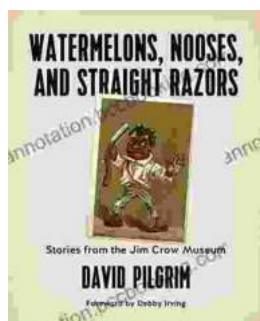
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