

[IMAGE]

Screen Zombies: Parents Need to Set a Better Example

By Editorial Staff

The topic of screen time has been a popular one lately, with several studies suggesting our children are spending far too much time glued to televisions, computers and smartphones. The potential consequences: poor sleep, overeating / obesity (attributed to "sitting around" – the proverbial "couch potato syndrome"); neck pain (from craning the neck to text or peer into a screen for hours); and other health problems.

But as it turns out, kids aren't the only culprits when it comes to screen addiction; parents can take the blame, too. While parents worry about how much time their children are spending on their tablets, cellphones and other devices, a recent study suggests parents are spending just as much time doing the exact same thing.

bad example - Copyright â Stock Photo / Register Mark According to the study, parents of "tweens" and teens devote approximately nine hours a day to screen time. And don't attribute the bulk of that to computer time at work; the study found parents only spent about 1.5 hours daily on work-related screen time. The bulk of the nine hours were spent texting, watching TV, browsing the Internet, playing video games, checking social media sites and other screen-engaged activities.

So parents, the lesson is simple, although it may be tough to take: Lead by example! If you want your kids to spend less time staring at screens, start by limiting your own time. For tips on how to reduce screen time, [click here](#) (but don't spend too much time reading it; after all, your nine hours starts now).

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