



KIDS AND TECHNOLOGY



Do your children become frustrated or angry when asked to stop using technology?

OVERSTIMULATION

Too much screen time can cause children to become overstimulated and have poor focus.



TROUBLE MANAGING EMOTIONS

Some children have a hard time managing emotions and may become frustrated or unhappy when asked to stop using technology.



DOPAMINE

(impacts on **SLEEP/ AROUSAL/ MOOD**)

When children stop using technology, the dopamine released from playing games or using social media drops, which can cause them to feel irritable.

SLEEP DISRUPTION

Too much screen time can disrupt sleep, which can cause mood disturbances and cognitive issues.

EXPOSURE TO VIOLENT CONTENT

Children who are exposed to violent content on TV or online may be more likely to imitate what they see.

MEMORY AND ATTENTION

Children who find this difficult have increased difficulty in following directions after screen time.



TROUBLE SWITCHING GEARS (trouble with flexible thinking)

Children may have trouble switching from screen time to other activities.

