SPORTZ VILLAGE schools
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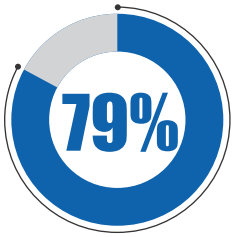
Good Screen Time Vs Bad Screen Time for children

With the ongoing covid – 19 pandemic, many aspects of our lives have changed drastically . With the periodic lockdowns, most of us have been cooped up in our homes for extended periods. This has impacted children too, who have been forced to stay in their homes because of the school closures. With most educational institutions closed and opting to work remotely, education has moved online. Coupled with the fact that children's outdoor activities has been severely restricted, this has resulted in a drastic increase in the amount of screen time that each child is consuming.

Both parents and school leaders alike rightly see this as a cause for concern and want to reduce the duration of screen time that a child consumes. According to a survey, the lockdown has resulted in nearly 5 additional hours that children spend in front of the screen *.

Can Screen Time be good for children?

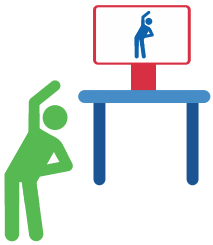
While excessive screen time can indeed have negative effects, most of it cannot be attributed to screen time alone. Most of these negative effects are due to the lack of physical activity, social interaction and other factors which are a result of staying indoors for long time – and these are now amplified because of the lockdown. Can screen time be used for the good of children and counter these issues? Considering that most education is now online, why can't physical education too, be online? Most parents are comfortable in letting their children participate in home-based sports events. Online physical education classes can be used to get children physically active and healthy.



Parents expressed comfort in letting their child participate in home based sports events

Furthermore, the way these sessions are designed ensure that the negative aspects of screen time are avoided

- Children are physically active, energetic and are not static
- Children maintain a healthy distance from the screen
- The child's focus is on conducting the activity and not on consuming content on the screen
- Sessions act as an avenue of social interaction with peers while learning new skills



What do the Experts and Parents think?

"I don't call it screen time, as the child is not static. Screen time is bad when children are static and are very close to the screen."

John Gloster
Former Physiotherapist,
Indian Cricket team

"The child is not glued to his seat and is not completely focused onto the screen. He is physically active."

Bhavna
Parent