

Limit Screen Time?

Read the health article.

Then follow the directions in the Text Marking box.

In 2011, eight percent of children eight-years old and younger used mobile devices daily. That's according to a report from Common Sense Media. This organization studies issues of concern to teachers and families. By 2013, their report shows that figure had more than doubled. Many pediatricians are concerned. In my view, they are right to be.

These caring doctors contend that this trend is disturbing and needs attention. They focus on data indicating that excessive media use by young children is linked to obesity, lack of sleep, and aggressiveness. They also know that too much media use negatively affects school performance. The American Academy of Pediatrics (AAP) suggests a plan to address the problem.

The doctors urge families to enact rules about TV consumption, texting, Internet surfing, and social media use. They recommend limiting all four. As I see it, they are the people who know best.

These are among the guidelines the AAP proposes:

- No mobile devices should be used during meals and after bedtime.
- Parents should set rules governing TV, cell phone, Internet, and social media use. They should limit that use as well as determine what sites are appropriate for their children.
- There should be no TV or Internet for children younger than two.
- No devices should reside in a young child's bedroom.

I believe that if families follow these rules, children and society will reap the benefits.



A **pediatrician** is a doctor who specializes in treating children.

Text Marking

Identify the facts and opinions expressed by the author.

Box at least three signal words or phrases.

Circle three facts.

 Underline three opinions.

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▶ Answer each question. Give evidence from the article.

1 Which of the following might replace *consumption* (paragraph 3) and not change the meaning of the sentence?

- A. eating
- B. purchasing
- C. viewing
- D. surfing

What in the text helped you answer? _____

2 Which is *not* a concern of the AAP?

- A. Excessive media disrupts sleep patterns in young children.
- B. Excessive media use may make young children act aggressively.
- C. Excessive media use may cause young children to do poorly in school.
- D. Excessive media use causes families to spend too much money on media.

What in the text helped you answer? _____

3 Why do you think the author presented the AAP guidelines in the form of a bulleted list?

4 Based on your reading of the article, what benefits would you expect children and society to reap if the AAP guidelines were to be followed?
