

# 2 journal questions

[Health & Medicine](#), [Nursing](#)



Children Spend Seven Hours on Media I learned that children spend about seven hours per day on electronic devices and entertainment media. The statistics are astonishing because that duration is too much given that children spend most of their time in school. It implies that they only concentrate on entertainment media when at home. Computers, mobile phones, internet, and video games are their most areas of interest. It is, however, unfortunate that the above-stated items contain inappropriate content such as glorifying the use of drugs and showing adult content. Exposing the kids to such content and their excessive use of media has detrimental effects. They can develop sleep disorders, attention problems, and difficulties in comprehending what they learn at school. The excessive exposure to the media can also make children overeat, and the consequence is weight gain or obesity. I also learned that providing the children with non-electronic materials and limiting their screen time can help overcome the problems (AAP).

#### Solution for Excessive Phone Use

I learned effective approaches that can be used to tame children who use their phones excessively. Most children value keeping in touch with each other and can end up misusing their phones by over texting. Although the habit is annoying, texting is a preferred mode of communication among kids. The excessive use phones can affect how kids handle their homework, engage with family members, and attend to other responsibilities. Parents should insist that phones be kept aside at times such as when taking dinner or conversing with their seniors. Parents can take away their kids' phones at night for charging, as well as, monitoring how they used them during the

day. Finally, parents can institute location and time limits for phone use (CSM).

#### Works Cited

AAP. " Media and Children." America Academy of Pediatrics. 2015. Web. 10 June 2015. .

CSM. My Kid Texts Constantly! What Can I Do? Common Sense Media. 2015. Web. 10 June 2015. .