



# How to Manage Your Child's Screen Time During Summertime

*Expert offers tips for balancing the time kids spend online and outdoors*

*Arnold Palmer Hospital for Children*

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<b>SUGGESTED TEASE</b>	STILL TO COME, HOW TO MANAGE YOUR CHILD'S SCREEN TIME IN THE SUMMERTIME. WE'VE GOT TIPS FROM AN EXPERT SURE TO MAKE KIDS AND PARENTS HAPPY, NEXT IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	FOR MILLIONS OF KIDS, SUMMERTIME MEANS INDULGING IN A LOT MORE SCREEN TIME. BETWEEN SOCIAL MEDIA, VIDEO GAMES AND THEIR FAVORITE APPS, IT'S EASY FOR SOME KIDS TO SPEND HOURS A DAY ONLINE INSTEAD OF OUTSIDE. THAT CAN MAKE SUMMERTIME VERY STRESSFUL FOR PARENTS. WITH SOME TIPS ON BALANCING WHAT KIDS WANT AND WHAT PARENTS EXPECT, HERE IS CLARK POWELL.
	(Nats - Mom talking to kids while they are on devices) :01
<b>CG: Courtesy: Arnold Palmer Hospital for Children, Orlando Health</b> Dawn talking to kids while on screens	AS A MOTHER OF 6 CHILDREN AGES 7 TO 29, DAWN HERRON HAS DEALT FOR DECADES WITH THE SAME ISSUE. WITH HER OLDER KIDS IT WAS WATCHING TOO MUCH TV - NOW... :09
<b>CG: Dawn Herron</b> <b>Mother of 6 children</b>	"After school, they come home and to them down time is hopping on a tablet." :05 / :14
Shots of kids on screens	AND IF IT'S A BATTLE DURING THE SCHOOL YEAR, SKIRMISHES OVER SCREEN TIME IN THE SUMMER TIME - CAN BE ALL OUT WAR. :06 / :20
<b>CG: Jean Moorjani, MD</b> <b>Arnold Palmer Hospital for Children</b>	"Kids will be out of their routine, and it could be really easy for families to fall into the trap of kids just wanting to be on their screen." :09 / :29
Shot of Dr. Moorjani with colleagues  (Graphic) Text: Don't set time limits just to set them	SO, DOCTOR JEAN MOORJANI (more- <b>JON</b> -ee) OF ARNOLD PALMER HOSPITAL FOR CHILDREN IN ORLANDO HAS SOME TIPS. FIRST - SHE SAYS DON'T SET TIME LIMITS JUST TO SET THEM. :08 / :34
<b>Dr. Moorjani (CG'd earlier)</b>	"It's not just the amount of time a child spends on a screen. We have to actually look at the context of what they're doing with those screens." :07 / :42

<p>Shots of older boy on laptop</p> <p>(Graphic) typing: Set up media-free zones in your house</p>	<p>NOT ALL SCREEN TIME IS BAD. THERE ARE SOME 80-THOUSAND EDUCATIONAL APPS THAT CAN HELP CHILDREN MAINTAIN THINGS LIKE READING AND MATH SKILLS OVER THE SUMMER.</p> <p>BUT MAKE SURE YOU SET UP MEDIA-FREE ZONES IN YOUR HOUSE - SOMETHING THE HERRONS INSIST ON. :13 / :55</p>
<p><b>CG: Chip Herron</b> <b>Father of 6 children</b></p>	<p>“No screens in the bed, no screens at dinner time, screens are off when we say they’re off and if we ever have company over, screens are off as well.” :10 / 1:05</p>
<p>Shots of kids on screen</p> <p>(Graphic) Text: Give them something to do</p> <p>Shot of kid throwing lacrosse ball</p>	<p>FINALLY, IF YOU DON’T WANT YOUR KIDS TO SIT AND LOOK AT A SCREEN ALL DAY - GIVE THEM SOMETHING TO DO. A LITTLE PLANNING NOW CAN GO A LONG WAY FOR MONTHS TO COME. :08 / 1:13</p>
<p><b>Dawn Herron (CG’d earlier)</b></p>	<p>“I keep them busy, and I think that’s part of the key is to keep them exhausted, so to speak. So they do sports and camps.” :08 / 1:21</p>
<p>Shots of girl riding bike</p> <p>Shots of boys playing basketball</p>	<p>YOU CAN ALSO SET WEEKLY GOALS LIKE RIDING SO MANY MILES ON A BIKE OR ORGANIZE BACKYARD BASKETBALL TOURNAMENTS. BECAUSE THE MORE THEY DO THIS - THE LESS THEY DO THIS. :09 / 1:30</p>
<p><b>Dr. Moorjani (CG’d earlier)</b></p>	<p>“Even though kids may not act like it, they actually crave and they need those limits.” :05 / 1:35</p>
<p>Shots of kids outside playing</p>	<p>AT ARNOLD PALMER HOSPITAL FOR CHILDREN IN ORLANDO, THIS IS CLARK POWELL REPORTING. :04 / 1:39</p>
<p><b>ANCHOR TAG</b></p>	<p>ANOTHER TIP IS FOR PARENTS TO BE GOOD ROLE MODELS. IF YOUR KIDS SEE YOU ON THE COMPUTER OR YOUR PHONE AT HOME, THEY’RE MORE LIKELY TO DO IT TOO. IF POSSIBLE, WAIT UNTIL THEY ARE ASLEEP BEFORE HAVING YOUR OWN SCREEN TIME.</p>
<p> <b>Share it! Suggested tweet:</b></p>	<p>Summertime can mean a lot more screen time for kids. Experts <a href="https://twitter.com/APHospital">@APHospital</a> have tips to keep kids on the go and off their devices. <a href="https://bit.ly/22R6miH">bit.ly/22R6miH</a></p>
<p> <b>Suggested post:</b></p>	<p>Summer is right around the corner and for kids, that means fewer rules and a lot more free time. But if you've got a child who tends to spend more time in front of a screen than they do out in the sun, summertime can be stressful for parents. Experts at <a href="https://www.arnoldpalmerhospital.com">Arnold Palmer Hospital for Children</a> in Orlando have some tips to keep kids on the go and off their devices. Details: <a href="http://bit.ly/22R6miH">http://bit.ly/22R6miH</a></p>
	<p style="text-align: center;"><b>Extra Bites</b></p>
<p><b>CG: Jean Moorjani, MD</b> <b>Arnold Palmer Hospital for Children</b></p>	<p><i>Dr. Moorjani talks about issues with current screen time guidelines -</i> “Those recommendations were published in 2011, and the first generation iPad came out in 2010. Those recommendations are based on things like television, video games, and did not really take into account what the tablet was going to do to our families and our</p>

	lives.”
<b>CG: Jean Moorjani, MD</b> <b>Arnold Palmer Hospital for Children</b>	<p><i>Dr. Moorjani talks about the “3 C’s” of screen time -</i> “We can think of screen time in 3 broad categories. We can think of it as consumptive, creative or communication.”</p> <p><i>Dr. Moorjani explains the concept of the “3 C’s” of screen time -</i> “Is it basically consuming them, are they passively watching it? Or is it a program that they’re using to actively create something? Or, are they using it for communication?”</p> <p><i>Dr. Moorjani says knowing which educational app is best can be hard -</i> “There are 80,000 apps that claim to be educational. So, I think that is a big challenge for any parent, including myself, to say, ‘OK, what’s the best app for my 5 year old? What’s the best app for my 7 year old?’”</p> <p><i>Dr. Moorjani offers a website that helps decipher apps for kids -</i> “A great resource and a tool that parents can use is a website called <a href="http://commonsensemedia.org">commonsensemedia.org</a>.”</p>
<b>CG: Chip Herron</b> <b>Father of 6 children</b>	<p><i>Herron talks about raising kids on different technologies -</i> “With the older kids, it wasn’t as big of a problem because they didn’t have smart phones. They had cell phones that could only call people.”</p> <p><i>Herron talks about technology challenges with his younger kids -</i> “Now, it’s really the smart phones and the laptops that are the biggest screen time that we have to deal with.”</p> <p><i>Herron talks about the “necessity” of technology for kids -</i> “As much as we don’t want to admit it, they’re almost a necessity for kids today. Screen time, whether it’s a cell phone or the laptop, I mean, the public schools here now, they’re all going to digital curriculum.”</p>
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