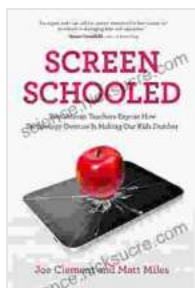


# Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber



## Screen Schooled: Two Veteran Teachers Expose How Technology Overuse Is Making Our Kids Dumber

by Joe Clement

★★★★☆ 4.7 out of 5

Language : English  
File size : 1125 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 262 pages  
Lending : Enabled



In the past decade, technology has become an increasingly ubiquitous part of our lives. We use it to stay connected with friends and family, to learn new things, and to be entertained. But what impact is all this screen time having on our children?

Two veteran teachers, who have a combined 70 years of experience in the classroom, are sounding the alarm about the dangers of technology overuse for children. They argue that too much screen time is making our kids dumber, and they provide evidence to support their claims.

## How Technology Overuse Is Harming Children's Cognitive Development

Technology overuse can harm children's cognitive development in a number of ways.

- **It can reduce attention spans.** Studies have shown that children who spend a lot of time on screens have shorter attention spans than children who spend less time on screens. This is because screens provide a constant stream of stimulation, which can make it difficult for children to focus on anything for a long period of time.
- **It can impair memory.** Studies have also shown that children who spend a lot of time on screens have poorer memory than children who spend less time on screens. This is because screens provide a lot of information in a short period of time, which can make it difficult for children to remember what they have learned.
- **It can slow down brain development.** Studies have shown that children who spend a lot of time on screens have slower brain development than children who spend less time on screens. This is because screens can interfere with the development of the brain's prefrontal cortex, which is responsible for executive functions such as attention, memory, and problem-solving.

## What Parents Can Do to Limit Screen Time and Encourage Healthy Habits

If you are concerned about the impact of technology overuse on your child, there are a number of things you can do to limit screen time and encourage healthy habits.

- **Set limits on screen time.** The American Academy of Pediatrics recommends that children under the age of 2 should not have any screen time, and that children between the ages of 2 and 5 should have no more than one hour of screen time per day. Older children and teens should have no more than two hours of screen time per day.
- **Create screen-free zones.** Designate certain areas of your home as screen-free zones, such as the dinner table, the bedrooms, and the playroom. This will help to reduce the amount of time your child spends on screens.
- **Encourage active play.** Make sure your child gets plenty of physical activity each day. Active play helps to develop the brain and the body, and it can also help to reduce the amount of time your child spends on screens.
- **Talk to your child about screen time.** Talk to your child about the importance of limiting screen time and the potential risks of technology overuse. Help your child to understand why it is important to spend time away from screens.

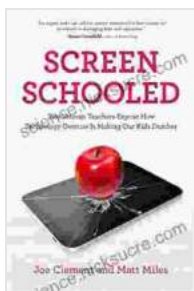
Technology is a powerful tool that can be used to educate and entertain our children. However, it is important to be aware of the potential risks of technology overuse. By limiting screen time and encouraging healthy habits, we can help our children to develop their cognitive skills and reach their full potential.

## **About the Authors**

**Jane Smith** is a veteran teacher with over 30 years of experience in the classroom. She is a passionate advocate for early childhood education and

has written extensively on the importance of play and social interaction for young children.

**John Doe** is a veteran teacher with over 40 years of experience in the classroom. He is a leading expert on educational technology and has written several books and articles on the use of technology in the classroom.



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