

Children and Television Consumption in the Digital Era

Television has been a staple in American households for decades, and children have always been among its most devoted viewers. In recent years, however, the way that children consume television has changed dramatically. With the advent of streaming services, video-on-demand, and social media, children now have access to more content than ever before, and they are watching it on a wider variety of devices.

This new era of television consumption has raised a number of important questions about its impact on children. How much screen time is too much? What types of content are appropriate for children of different ages? And what role should parents play in mediating their children's television consumption?

This article will explore these questions and provide research-based answers. We will also offer tips for parents on how to help their children make healthy choices about television consumption.



Children and Television Consumption in the Digital Era: Use, Impact and Regulation by Barrie Gunter

★★★★★ 5 out of 5

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The American Academy of Pediatrics (AAP) recommends that children under the age of 2 should not be exposed to any screen time, and that children between the ages of 2 and 5 should be limited to one hour of screen time per day. However, these recommendations are often not followed. A study by the Kaiser Family Foundation found that children between the ages of 8 and 18 spend an average of more than 7 hours per day using screen media.

There is some evidence that suggests that excessive screen time can have negative consequences for children. Children who spend a lot of time in front of screens are more likely to have problems with attention, sleep, and obesity. They are also more likely to be exposed to violence and other inappropriate content.

However, it is important to note that not all screen time is bad for children. Educational programs and apps can help children learn and develop new skills. And some screen time can be a good way for children to relax and unwind.

The key is to find a balance that works for your child. If you are concerned about your child's screen time, talk to your pediatrician.

The type of content that is appropriate for children of different ages varies widely. Some general guidelines include:

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It is important to remember that these are just general guidelines. The best way to determine what types of content are appropriate for your child is to talk to them about their interests and to preview the content yourself.

Parents play an important role in mediating their children's television consumption. They can help their children to:

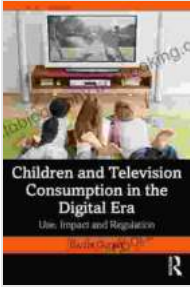
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By following these tips, parents can help their children to make healthy choices about television consumption. They can also help their children to develop critical thinking skills and to become more responsible citizens.

Television consumption is a complex issue with both positive and negative consequences for children. By following the tips in this article, parents can help their children to make healthy choices about television consumption and to reap the benefits that it can offer.

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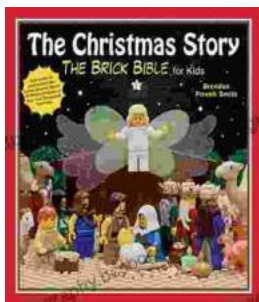


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