

BACK TO SCHOOL – SCREEN TIME
DR. DOMINIC LUCIA, PEDIATRICS, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

IF SCREEN TIME HABITS SEEM TO HAVE GOTTEN A LITTLE OUT OF CONTROL IN YOUR HOUSE ... NOW IS THE TIME TO START MAKING CHANGES EARLY IN THE NEW SCHOOL YEAR.

{**TAKE VO**}

TRT:

DOCTOR DOMINIC LUCIA (LU-CHEE-UH) AT MCLANE CHILDREN'S HOSPITAL SAYS SETTING STRICTER LIMITS ON SCREEN TIME AS SCHOOL APPROACHES IS ONE OF THE MOST IMPORTANT WAYS PARENTS CAN HELP SET THEIR CHILDREN UP FOR ACADEMIC SUCCESS.

{**TAKE SOT**}

DR. DOMINIC LUCIA
BAYLOR SCOTT & WHITE

TRT: 16

"It's very hard for the teacher to replicate that amount of stimulus that they're getting from these highly designed games, electronics, lights, graphics."

{**ON CAM**}

HE SAYS PARENTS SHOULD ESPECIALLY TRY TO LIMIT SCREENS CLOSE TO BEDTIME ... SINCE BLUE LIGHT AND THE EXTRA STIMULATION CAN RESULT IN POORER QUALITY SLEEP.