

# Quiz on Screen Time

For parents with young children



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### Colophon

This activity is developed by Dreamsupport, Food4Smiles (Vrije Universiteit and Fred Foundation), the municipality of Amsterdam, and health ambassadors from Amsterdam Nieuw-West.

### Want to know more?

[www.dreamsupport.nl](http://www.dreamsupport.nl)

[www.food4smiles.nl](http://www.food4smiles.nl)

[www.amsterdam.nl/sociaaldomein/blijven-wij-gezond](http://www.amsterdam.nl/sociaaldomein/blijven-wij-gezond)



# 1. How many screens do you have at home?

➤ Let everybody say the number of screens they have

**Info:**

Screens are smartphones, televisions, computers, tablets, Gameboys.

**1. How many screens do you have at home?**

2. How do you call the light that emits from a screen?

A. Green light

**B. Blue light**

C. White light

**2. How do you call the light that emits from a screen?**

A. Green light

B. Blue light

C. White light

### 3. Why is blue light harmful to children?

**A. It hinders sleep**

B. It tires you

C. It speeds up the process of colorblindness

**Info:**

Blue light emits the same signal to the brain as daylight, disrupting the biological clock because your body thinks it's still daytime. It blocks the production of the sleep hormone melatonin. This applies to babies, children, and adults! The advice is not to use blue light devices for at least one hour before sleeping.

### **3. Why is blue light harmful to children?**

A. It hinders sleep

B. It tires you

C. It speeds up the process of colorblindness



4. Why is it harmful to kids to watch screens from up close (for example displays or books)?

A. It tires the eyes

B. The eyes get teary

**C. It creates a defect to the eyes**

**Info:**

From watching screens from too up close, eyes start to grow with a defect. That's why a child may need glasses. But it also increases the risk of disease and damage to the eye. Because today's children watch screens up close more often than in the past, we are only now discovering how harmful it is.

**4. Why is it harmful to kids to watch screens from up close (for example displays or books)?**

A. It tires the eyes

B. The eyes get teary

C. It creates a defect to the eyes

## **Advice:**

**Playing outside regularly is beneficial for the development of children's eyes because it stimulates watching in the distance.**

### Further questions:

- How important is it for you that your kid plays outside? And why?
- What outdoor activities could you do together with your kid?

## **Advice:**

**Playing outside regularly is beneficial for the development of children's eyes because it stimulates watching in the distance!**

## 5. Is watching television and using a tablet educational for children under the age of 2?

### **Info:**

Using all their senses, children under the age of 2 learn from the 'real world' by feeling, holding, lifting, and tasting things. They need a three-dimensional world for this. To raise their understanding of the world and to let them develop themselves, they have to discover as much as they can in 3D. Scientists say that games on a display don't contribute to their development since the brain of a child under the age of 2 can't process that input yet.

Watching videos also has no additional influence on their language development because children of that age learn their language skills from active interactions with real humans.

When they are toddlers, children can start to learn from screens, up until that point they mostly just learn to execute tricks, the brain doesn't develop in this area, according to scientists.

**5. Is watching television and using a tablet educational for children under the age of 2?**

6. How often do you watch television during dinner (or pay attention to other screens)?

A. Often

B. Every now and then

C. Never

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C. Never



## 7. Are movies/video's/television the reason that your child eats with more ease?

> Let the participants react

**Info:** Screens distract you from eating, causing you to eat without attention. When eating without attention, your child quickly eats too much and lacks to learn to recognize different flavors and structures. This can potentially make your child a troublesome eater. This is not an ideal environment to develop a healthy relationship with eating, which can cause problems later on (obesity, lack of balance, variation, and nutrients).

**7. Are movies/video's/television the reason that your child eats with more ease?**

8. What does your child enjoy the most?

A. Playing together

B. Watching movies/video's

C. Something else, which is...

➤ Ask the group to clarify their answer

## 8. What does your child enjoy the most?

- A. Playing together
- B. Watching movies/video's
- C. Something else, which is...

9. For how long is a 1-year-old allowed to watch a screen?

**A. Not at all**

B. A half-hour a day

C. An hour a day

**Info:**

The World Health Organization (WHO) recommends that children under the age of 2 benefit from total abstinence of screens. For children between the age of 2 and 5, the recommendation is a maximum of 1 hour per day.

**9. For how long is a 1-year-old allowed to watch a screen?**

A. Not at all

B. A half-hour a day

C. An hour a day

10. How long should a child between the age of 1 and 2 roam around each day?

A. One hour a day

B. Two hours a day

**C. Three hours a day**

**Info:**

The World Health Organization (WHO) recommends that children between the age of 1 and 2 should actively move for at least 3 hours a day.

**10. How long should a child between the age of 1 and 2 roam around each day?**

A. One hour a day

B. Two hours a day

C. Three hours a day



## 11. A mother says:

“Only if my child is positioned in front of a screen can I get anything done within the house. I don’t know how parents did all their house chores without a television or tablet present.”

→ What is your experience?

→ Are there any tips or tricks?

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→ What is your experience?

→ Are there any tips or tricks?

## 12. A mother says:

“If we are out and my child is unsettled or crying, I hand him my phone. I am not in the mood for angry looks from other people.”

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→ Are there any tips or tricks?

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**“If we are out and my child is unsettled or crying, I hand him my phone. I am not in the mood for angry looks from other people.”**

→ What is your experience?

→ Are there any tips or tricks?

Further questions at the end:

- Do you have a different view on screen time and screen-use than before this conversation?
- Have you ever had a conversation about screen time and screen-use at home?