



JANUARY

Nursing Newsletter



SCREEN TIME AND THE CONSEQUENCES

Rapid technological advances have left our children vulnerable to the consequences of excessive screen time. Screen time takes many forms in our society and technological advances are not expected to slow down. Children today have TV's, video gaming systems, tablets, cell phones, smart watches, and laptops at their fingertips at any given time during the day. Parents should limit their children's screen time to two hours or less daily as the consequences of unmanaged screen time are plentiful.

- Sedentary Lifestyle-risk for obesity and related diseases (diabetes & heart disease)
- Poor posture-risk for neck and back pain
- Poor quality of sleep-cutting of screen time at least 2 hours before bed can improve sleep quality
- Mental Health-Excessive screen time is strongly linked with depression and anxiety
- Cognitive impairment-poor focus, shortened attention span, decreased academic performance
- Vision-eye strain, blurred vision, and headaches

January is a great time to make managed screen time a resolution for the whole family. Given the consequences of excessive screen time, it is important to monitor and set limits on screen time, encourage physical activity and face-to-face interactions that promote a balanced and healthy lifestyle for all students and families.



CONCUSSION

Concussions are a risk factor for every child and may occur at any time at home, at school, or during sports or other physical activity. Concussions are not always accompanied by obvious symptoms, so it's important to be vigilant. Watch for signs such as headaches, dizziness, nausea, confusion, mood swings, or changes in behavior, especially after a fall, collision, or during sports activities. If you suspect your child has sustained a concussion, seek medical attention promptly. A healthcare professional can assess the severity of the injury, provide guidance on treatment, and offer recommendations for managing symptoms. After a suspected concussion, it's crucial to allow your child ample time to rest. Physical and mental rest is essential for the healing process. Limit activities that may exacerbate symptoms, such as screen time and cognitive tasks. Keep a close eye on your child's symptoms during the recovery period. If symptoms worsen or new ones emerge, consult with a healthcare professional. Consistent monitoring ensures that any changes in your child's condition are addressed promptly.

Inform your child's school about the concussion as soon as possible. Collaborate with teachers and school staff to make necessary academic adjustments during the recovery period. Open communication ensures a supportive environment for your child's return to school.

As your child begins to recover, follow a gradual return-to-play plan. Collaborate with coaches and sports organizations to ensure a safe reintegration into physical activities. Obtain medical clearance before allowing your child to participate fully.