



Asha Hai Newsletter

August 2019

IMPACT OF SCREEN EXPOSURE ON LITTLE MINDS

**"CHILDREN ARE GREAT IMITATORS.
SO GIVE THEM SOMETHING GREAT TO IMITATE."**



Inside the Newsletter

- ABOUT SCREEN EXPOSURE
- NEGATIVE IMPACTS, WARNING SIGNS AND SUGGESTIONS
- NOTE FROM THE FOUNDER
- OUR NEW INITIATIVE- THE DANCING BOND

The increasing demands of new technological devices over the last few years has turned electronic media into an integral tool of life, Hence our increasing dependency on them. As a result, today's reality is that children show very little or no adherence to screen time guidelines. Screen exposure has been seen to start from early infancy period. Research studies found that children spend a substantial portion of their daily waking hours on screen based activities and are screen dependent even during their meals and play time. Screen time, in particular, **television viewing**, has been negatively associated with the development of physical and cognitive abilities, and positively associated with obesity, sleep problems, depression and anxiety.



Screen Time and Psychological Health : Negative Impacts

WHAT RESEARCH SAYS ABOUT SCREEN TIME

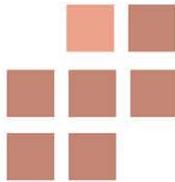
1. ATTENTION

Children with more access to screen time were more likely to be diagnose with ADHD later on.



2. LANGUAGE

Children learn better from a physical adult. Children with more screen time have lower communication and vocabulary scores. Educational programs were not found to be helpful.



3. SLEEP

Children with more screen time were found to have shorter sleep duration. Since sleep is important for cognitive development, decreased sleep time may have wider implications.



4. OBESITY

Children with more screen time were found to have higher rates of obesity. This is likely due to reduced physical activities.



5. NO EVIDENCE FOR BENEFITS OF APPS

A review of nearly 200 apps found no educational benefits for the use of educational apps.



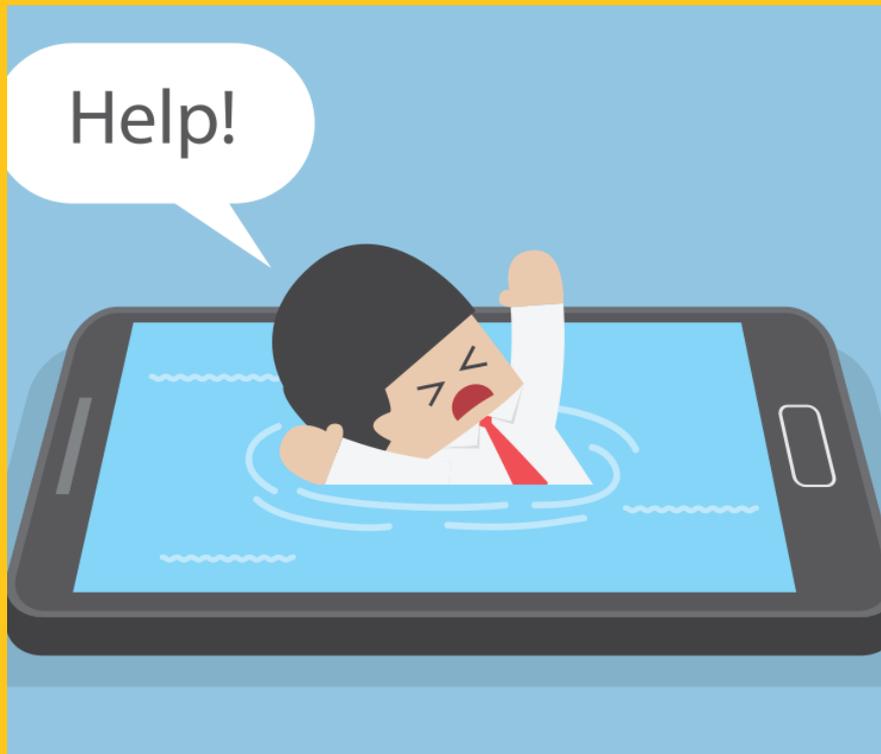
The Critical Period : As per medical community, the most crucial time of brain development is between birth and age of 3 years.

- Television viewing negatively affects locomotive skills, physical strength, dietary habits and adiposity.
- Television viewing negatively affects the cognitive and socio-emotional development of children and excessive screen time is associated with poorer mental health during adolescence.
- Physical activity does not compensate for the adverse effects of screen time.
- Screen time does not have any advantages for brain development in children aged under two. Exposure may cause harm to infants through over stimulation.
- Exposure can result in the absence of social stimulation needed for brain development when used as a 'babysitter' and not balanced with quality interactions.





Warning Signs



- Exposure to media not seen as a serious issue.
- Heavy use can be said to be a 'parenting style', whereby children are deliberately left in front of the television/computer screen unaccompanied.
- Unwillingness/inability to replace screen time with more developmentally nurturing activities.
- Habit to leave the television turned on almost all the time - mostly unaware.
- Quality as well as quantity of parent-child interactions diminished in presence of background television

American Academy of Pediatrics (AAP) guidelines recommend that children under 2 years of age should not spend any time using electronic media, while children over 2 years of age should be restricted to less than 2 h per day

Suggestions To Reduce Screen Time :

How well do you know your child ?

- How long does your child spend time with electronic media in a day?
- Does your child have a TV or computer in their bedroom?
- Does your child use electronic media during mealtimes ?
- Increase play time of your child. e.g. Indoor board games
- Indulge them in more kinesthetic activities such as house hold chores.
- Set a schedule to spend time with your child.
- Make a routine for Story telling and reading books with your child.



INTRODUCING
THE DANCING BOND
NURTURING ATTUNED
PARENTING

The Dancing Bond focuses on enhancing the Parent-Child relationship through music, movement, stories and play with the essence of Dance Movement Psychotherapy and Attachment Theories."



"METHODOLOGY"

The Dancing Bond uses movement and dance that helps in the enhancement of all aspects of development and understanding. As children discover and explore their bodies, they also learn about the space around one another. This helps in creation of relationship of others.

Through play children gain self-confidence and learn to make sense of the world around them. When we as caregivers engage with our little ones in play they can develop social and cognitive skills and mature emotionally.

The Dancing Bond facilitates empowering parents and caregivers with various strategies as part of their children's psychological development towards a more solid sense of agency, resilience and most importantly a sense of togetherness which is what a family is all about !

Early Intervention programme at ASHA HAI & why is early intervention important?

The ideal treatments include behaviour modification, physical exercises, support groups, occupational therapy, counselling and supportive psychotherapy that can be used along with the medications. At Asha Hai, we offer : Developmental Therapy to identify and focus on developmental delays for global development. Occupational Therapy to teach and perform activities of daily living. Dance Movement Psychotherapy to promote healing and achieve intellectual, emotional, motor functionality through movement. Home- based support to help parents modify the environment at home and develop homework routines. Family/Parental counselling to help parents cope and deal with guilt, stress and provide consistent care. The team of special educators set some common goals according to the child's level which cater to building positive behaviour, improving academic skills, and regulation of a conducive environment.



RASHI BIJLANI FOUNDER
& DIRECTOR ASHA HAI
(DANCE MOVEMENT
PSYCHOTHERAPIST AND
CLINICAL PSYCHOLOGIST)

My Vision is of a society where we are able to look at all our children with equity so that they can receive the respect every individual deserves. My mission of Asha Hai is to bring all students together under the same roof in a shared community regardless of their strengths or weaknesses in any area. Through this, we at Asha Hai seek to maximize the potential of all students. We are trying to make sure that each and every child feels welcome and that their unique needs and learning styles are not only addressed but also valued. Every child has some extra needs, some more than the others. An inclusive environment is beneficial for each and every child.

SPONSOR A CHILD

"Your support today may be the reason behind their success tomorrow"

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