

Mobile Addiction in Children Warning Signs, Health Effects & 10 Practical Ways to Reduce Screen Time

Is Your Child Spending Too Much Time on Mobile?

Common Warning Signs:

- Irritability when mobile is removed
- Refuses outdoor play
- Poor eye contact
- Reduced communication with family
- Sleep disturbances
- Poor concentration
- Declining academic performance
- Eating only while watching mobile
- Frequent temper tantrums
- Lack of interest in toys and social interaction

How Excessive Screen Time Affects Children

- Delayed Speech and Language Development
- Poor Attention Span
- Sleep Problems
- Behavioral Issues
- Reduced Physical Activity
- Social Skills Difficulties

Red Flags – Consult a Specialist If Your Child:

- Has very poor eye contact
- Speaks very few words for age
- Does not respond to name
- Prefers screen over people
- Has significant developmental delays

Dr. Sunil Sable – Pediatric Neurologist

10 Practical Ways to Reduce Mobile Use

1. Do not stop suddenly – reduce gradually.
2. Create screen-free zones.
3. No screens 1 hour before sleep.
4. Encourage outdoor play daily.
5. Read story books together.
6. Offer alternative activities like puzzles and drawing.
7. Follow a fixed routine.
8. Be a role model – reduce your own screen use.
9. Use daily family time for conversation and play.
10. Praise positive non-screen activities.

Recommended Screen Time

0–2 Years: Avoid screen time as much as possible.

2–5 Years: Maximum 1 hour/day.

Above 5 Years: Consistent limits with supervision.

Remember:

“Children need more conversations and fewer screens.”

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