



## **Beyond the Screen: The Hidden Health Risks for Kids**

Summary of Kar et al. (2025)

Excellent Educator, 3(9), 3, 2026

### **Academic Insights**

This review examines how screen time affects children’s physical, cognitive, emotional, and social development. Evidence suggests that higher levels of screen use are associated with outcomes such as reduced physical activity, sleep disturbances, attention challenges, and social-emotional difficulties.

However, these effects are context-dependent. Limited, purposeful, and supervised screen use—especially educational—may have neutral or even beneficial effects. The findings highlight a dose-response pattern, where risks tend to increase with excessive and unregulated exposure.

Overall, the impact of screen time is shaped by duration, content, age, and parental involvement.

### **Apply This Now**

Set age-appropriate limits on screen time and maintain consistent daily routines.

### **Add This**

Encourage co-viewing or guided use to improve learning and reduce negative effects.

### **Avoid This Mistake**

Do not treat all screen time equally—quality and context matter as much as quantity.

### **Keywords**

screen time, child development, sleep, physical health, socio-emotional

### **Reference**

Kar, S. S., et al. (2025). Impact of screen time on development of children. *Children*, 12, 1297.

### **Suggested Citation**

Excellent Educator. (2026). *Beyond the Screen: The Hidden Health Risks for Kids*. Excellent Educator, 3(9), p.3.