

Mayo Clinic Minute

Screen Time Study

Video	Audio
	“Hello...”
	SO MUCH MEDIA.
	sound of video game
	FOR THE AVERAGE AMERICAN TEEN, THE VIEWING AND POSTING AND GAMING NOW ADDS UP TO ALMOST
	NINE HOURS OF MEDIA A DAY.
	clicks on phone keypad
SOT	It’s too much.
	DOCTOR AMIT SOOD CHAIRS THE MIND-BODY MEDICINE INITIATIVE AT MAYO CLINIC.
SOT	Most of the content of these programs is fast-paced and jumps from one screen to the other, so kids are not deploying deep, sustained attention.
AMIT SOOD, M.D. MIND-BODY MEDICINE INITIATIVE Mayo Clinic	
SOT	SO HOW DO YOU SCALE BACK SCREEN TIME? DR. SOOD SAYS ONE SOLUTION MAY BE IN THE PALM OF YOUR HAND.
JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	
SOT	Model the behavior you want to see in your kids to follow.
SOT	You can’t be with a smartphone at a restaurant, while expecting your kid to be behaving.
	DOCTOR SOOD SAYS, IF YOU WANT YOUR CHILD TO CHANGE THEIR MEDIA HABITS, START BY TAKING A LOOK AT YOURS.
SOT	Unless you model the behavior, your discipline, you’re intentional about proper use of screen, unless you do that, they won’t do it.
	FOR THE MAYO CLINIC NEWS NETWORK, I’M JEFF OLSEN.

