

ROLE OF PARENTS IN EXCESSIVE SCREEN TIME AND IT'S EFFECT ON CHILDREN: A SYSTEMATIC REVIEW

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ABSTRACT

According to World Health Organization (WHO) guidelines, Children under 2 years of age should not have any screen exposure, and children between two and four years of age should not have more than 1 hour of screen time at a time. They should not spend too much time staring at a screen. Children who watch mobile, TV, or other screens for too long can hurt their physical, emotional, and mental health. A lack of exercise and excessive screen use is linked to obesity, headaches, back discomfort, vision difficulties, and sleep deprivation. The main goal of this systematic study is to explore the relationships between parental involvement, screen use, and their influence on children's dietary behaviors and other related areas. The findings suggest that many children exceed the recommended television viewing duration, often due to uneven parental supervision. Compared to kids whose screen usage was consistently monitored, kids whose screen usage was inconsistently monitored were considerably more likely to have suspected attention, cognitive, and social skills deficiencies. However, supervised screen viewing did not differ significantly by gender. This study underscores the importance of understanding and addressing these patterns to promote healthier habits, better nutritional choices, and more balanced screen use among children by the parents. The study gap highlights the lack of knowledge on the benefits and disadvantages of time spent on screens for kids. It also raises questions about parental modeling, the impact of parenting methods on-screen usage, and the relationship between parents' anxiety and stress levels. Further research is needed to understand how parents manage screen usage, the impact of parental stress on screen time guidelines, and the effectiveness of online resources for limiting screen usage.

Keywords: Parenting, Screen time, Children, Development, Meal

INTRODUCTION

A child's early years matter and can have a lifelong impact. Children are comparable to wet cement. Anything that lands on them leaves a mark. Haim Ginott, M.D. Each developmental phase is more difficult for children whose early foundation is weak. The gaps between kids who start strong and those who don't are formed early, proliferate, and get tougher to close as time goes on UNICEF(2017). In general, 1 in 6 children have "developmental delays," according to (Allen & Lembke, 2020), children born during the outbreak are twice as likely to have delays in their social and verbal development than children born before the pandemic. One of several variables, such as increased intimacy and decreased interaction with other kids, may be the cause of this. The Covid-19 pandemic has caused considerable damage to the economy, as well as to

the health, mental, and social well-being of people. The changing environment altered ways of functioning and being locked away without social connection have all been linked to numerous changes in the bodies and minds of both children and adults. For a child to develop, feel happy, and stay in excellent health, they need to eat right and be active. Screen usage has grown for both parents and children due to the COVID-19 epidemic. Also dining, playing, studying, and working while viewing screens are now typical parts of young children's daily schedules beginning at a young age. Both have experienced a variety of problems that are both direct and indirect effects of how the outside world has influenced them. So this study emphasizes the importance of dietary diversity and social experiences for children's growth. It also emphasizes the significance of parents' mental well-being on their kids' screen-time routines. Parents can improve their parenting journey by fostering an enriching home environment and adopting appropriate co-viewing practices. To fully comprehend the consequences on kids growing up in various types of households, more study is necessary. In the digital era, caregivers should limit screen-oriented activities and prioritize in-person interaction, play, and physical engagement, especially for preschool-aged children. Methodical research with adaptable evaluation criteria is crucial. The review calls for ongoing research and tailored strategies to ensure a balanced environment for children's well-rounded development.

OBJECTIVES

1. To understand if parental behavior influences children's attitudes toward screen use.
2. To explore how parental screen time impacts child development.
3. To examine the link between high screen time and obesity or prolonged eating habits in children.
4. To assess how parents' mental health affects children's screen time and development.

THE DEVELOPMENT OF YOUNG CHILDREN

Brain development is vital to the earliest stages of development, which is the stage through which a young child gains essential verbal, psychological, social, motor, and intellectual abilities. Children can think, solve issues, convey their emotions, and make connections because of these skills. They provide the framework for later life and set the path to happiness, learning, and good well-being. Nevertheless, millions more children throughout the world are in danger of failing to meet developmental milestones owing to a lack of nourishment, protection, and stimulation of any kind,

particularly in the aftermath of the COVID-19 epidemic, according to UNICEF (2017). **Developmental Pattern Variations** Some children may not develop by the norm. Among these are "bottom shufflers," who move about instead of crawling. These children move slowly and may have slight hypotonia, particularly in the lower extremity. A certain number of individuals perform a "commando crawl," while others skip the crawling period entirely. Language, social skills, play, and behavior development rates in children might differ according to genetic patterns (such as Families with speech delays) or external factors (such as not attending preschool). A developmental delay takes place as a child fails to fulfill developmental norms in comparison to the same age as a child. Other forms of developmental delay include severe

(functional age 66% of chronological age), moderate (functional age 34% of chronological age), and mild (functional age 33% below chronological age). So, delay could affect several areas or just one (i.e., a single developmental delay). The phrase "global developmental delay" (GDD) refers to severe developmental impairment in two or more areas categories that affect youngsters that are younger than five. Other instances of abnormal developmental patterns include developmental disorder, regression and stalling of development, and developmental disability. In situations with developmental issues, such as when an autistic kid has language abilities but cannot use them for social involvement and interaction (Choo et al., 2019), development does not follow the usual pattern. In situations with developmental issues, such as when an autistic kid has language abilities but cannot use them for social involvement and interaction (Choo et al., 2019), development does not follow the usual pattern. A multitude of disorders and diseases can cause developmental delays. Severe understimulation, mistreatment, inadequate nutrition (a dose of vitamin D, folate, and iron deficiency), mental well-being status of the parents, and unidentified are all prenatal, perinatal, postnatal, and social environment influences. These influences can also be classified into four groups: social environment, perinatal, postnatal, and antenatal.

PARENTAL CONTRIBUTION TO CHILD DEVELOPMENT

Home is a person's initial setting following birth, and it has a continuous impact for the rest of their lives, on them. Parents' perspective has been identified as a crucial influencing factor for young children's emotional and social growth at home, where Parents provide their children with parental care. A parenting mentality is a disposition or a manner of behaving when nurturing children that promotes their growth and development. It relates to a general frame of mind that parents develop when raising their children. Parental attitudes have an immediate effect on how youngsters develop. Since children learn and create and maintain peer relationships in school based on their interactions with parents as they move from preschool through grade school, because environmental influences are malleable, understanding and altering them might lead to more favorable growth trajectories for children. Parenting is one area that may be changed. Parents and other individuals who care for young children have a significant impact on their early experiences. Effective parenting strategies have been proven in intervention studies to have a favorable influence on children's cognitive attentiveness, emotional competence, and conduct. Excellent parenting includes being attentive to, supportive of, and interested in the child, as well as creating developmentally proper restrictions. Another critical factor is the family setting, which should offer a kid a safe and suitable environment for growth stimulation. Home-based observation of infants and toddlers for Measuring the environment defines a stimulating atmosphere at home as one that is orderly, contains learning tools, and provides the kid with different experiences. Later in life, children who get home stimulation have greater cognitive and linguistic abilities (Attai et al., 2020). In agreement with other studies that show that a responsive and stimulating environment creates engaging situations for children to develop their cognitive, linguistic, and social skills, we discovered that household stimulation is a strong predictor of mental development but not of motor development (Larson et al., 2017). Parents have a broad

influence on a child's life. Unlike repressive, punishment-focused regulation and an uninvolved attitude, which reduce a child's emotional contentment, a nurturing attitude and parental guidance assist children in acquiring empathy and prosocial actions (Lee & Han, 2021).

PARENTS' IMPACT ON THEIR CHILDREN'S SCREEN ACCESS

Parents have an essential role in controlling their kids' screen time habits. There are many reasons for this increase, including the growing demand for digital gadgets, ease of access, and rising consumer use of screen media in families and society. This issue claims to have been worsened by the COVID-19 pandemic's lockdown, limitations, and online schooling. Parents can limit the sorts of electronic displays that are accessible in the house as well as how much time their children spend on them. According to research, parents who restrict their children's screen time, eliminate electronic gadgets from their beds, and watch media alongside them see their Children are less time-intensive overall before screens. Children with less screen time may have stronger parent-child bonds, less mother stress, and more parental confidence. Increased TV viewing in young children, on the other hand, may relate to parental depression, while it is unclear how many of the ways children use screens, such as social media and electronic gaming, are related to parental mental health. Based on developmental theories, parents who are facing There may be less resources available to cope with mental health difficulties with their children's developmental setbacks. For example, parents suffering from mental illnesses may have fewer mental skills to supervise their children's conduct, fewer resources to watch media with their children, and more screen time than their children. There could be opportunities to participate in activities.

A recent study has found that sedentary screen time can be harmful to one's health. In comparison, gaming and social media might be considered more active media consumption since they frequently, but not always, involve participants participating, generating content, or exchanging messages. Although evidence on the health impacts of active media is inconsistent, some studies show that active exposure to screens may be better than passive use. When asked how often they view or engage in adult-oriented media, those kids whose parents had an internalizing crisis outperformed youngsters whose parents did not experience an internalizing crisis. Was. To appreciate these findings, consider that internalizing distress is externally directed behavior such as grief, bodily feelings, or worry, but externalizing problems are exposed behaviors such as aggression, withdrawal, and oppositional behavior (Pulkki-Råback et al., 2022). According to newer studies, parents' use of screens is the most reliable indicator of screen time for children aged 0 to 8. Children most often learn skills by studying their parents' conduct. According to research, a tiny toddler may acquire numerous sorts of patterns just by seeing a certain job. Another factor is due to more time spent together by parents and children consuming media during the weekend. Parents need to be proactive in monitoring their children's use of technology and working to foster a good mix of both online and offline engagement in their offspring. Experts advise sticking to the "three C's": kid, subject, and place. That is, you know what is most beneficial to your child, but you may try to persuade them to prioritize higher-quality material.

EXCESSIVE SCREEN TIME IMPACTS CHILDREN

As technology proceeds to advance as part of their daily lives, modern children are 'digital natives,' and screens are an integral component of their daily routine. The word "screen time" is used to refer to "viewing television, playing video games, or expressing time spent engaging in counterproductive habits like using computers and cell phones. At home and in childcare, children are exposed to a range of televisions and other portable devices that are simple to use. For children above the age of two, the American Academy of Pediatrics (AAP) recommends a maximum of one hour of screen time each day.

Iterative analysis showed a connection between kids' screen time and exercise. Furthermore, substantial excessive screen time and poor mental health are related. This is a period of exceptional brain plasticity and emotional and crucial brain development before the age of six (Karki & Sravanti, 2021). Young children under the age of five are especially at risk. Since their brains develop most rapidly at this time, screen time has been excessively related to language delays and poor neurocognitive outcomes. According to new research using functional cerebral MRI, children with deficits in perception of the microstructure of the cerebral white matter tract improve their language and reading skills. Excessive television viewing has been shown to impair child and preschooler speech, language, and motor development. According to recent research, increased touchscreen use in preschoolers relates to emotional issues, anxiety and depression symptoms, concentration problems, and antisocial conduct without affecting language delay (John et al., 2021)

At this age, newborns develop intellectual capacities that allow them to comprehend and absorb information, interact with their surroundings, and comprehend mathematical and scientific processes. Thus, extended screen use is worse for your health than regular sitting. Although recent research shows that family engagement is more helpful for decreasing sedentary screen-based activities like watching TV and viewing videos, using a computer, and playing video games peer relationships impact children's health habits. Children's screen time, diet, and exercise are all related, yet these subjects are frequently discussed individually. Screen time, for example, contributes to obesity and obesity differently, as well as fostering a sedentary lifestyle, but it may also do so through other behavioral mechanisms, such as exercise. Several studies have found that families increasingly eat supper while watching television regularly. Furthermore, it is critical to examine how many social and familial elements, particularly parental activities, impact children's eating. Eating habits can be linked to food-related qualities such as where and with whom meals are consumed, as well as markers of a healthy diet such as adherence to dietary recommendations or standards. It is critical to quantify the impact of any parental support practice, regardless of the measure of healthy eating (for example, fruit and vegetable intake (FV), dietary fat consumption, or preference for sugar-sweetened beverages). Most parents (54.0%) and 72.5% gave screen time when it was needed. These two coefficients were associated with excessive screen use in the absence of any other variables. Other studies have indicated a low rate of screen use at mealtimes (22–50%), which most pediatric associations frown upon. Recent research, also from Lithuania, demonstrated a strong relationship between

excessive screen use during mealtimes and obesity among 2- to 5-year-olds (John et al., 2021). If your youngster watches more television and videos, he is more likely to gain weight. This danger is enhanced if the child's room has a television or other gadget. Children may be drawn to junk food advertisements and may overeat when using devices. Learn more about the relationship between screen time and weight. (Christensen 2021).

FACTORS FOR OBESITY AND WEIGHT STATUS RELATED TO PARENTING AND SCREEN USAGE

Children watch screens for an average of 7.5 hours per day, or 52.5 hours every week, based on a survey by the Institute of Nutritional and Dietary Science. Children watch screens while they are getting ready for school, eating, or before going to bed, which is an excessive amount of time for them to spend away from their parents. Many studies have found that very young children may develop obesity later or that there may be risks that accompany it, such as the fact that kids who have a TV in their bedroom gain more weight than those who do not. Numerous studies have linked television viewing to obesity in both adults and children worldwide. Along with evidence from developmental stages, results from some long-term studies covering developmental phases show that adjustment of infant cradle style to infant weight status may occur early in life. For example, a greater number of mothers during the first three years of life, sensitivity increases may offer protection against obesity by the age of 15. Further, longitudinal studies examining mother parenting, possible mediators, and weight status throughout developmental stages are thus urgently required. The impacts of early upbringing on newborn food and weight may not become apparent at a subsequent stage of growth as a result because many of the studies on maternal parenting and eating/weight outcomes in middle childhood and adolescence are sparse, it is not possible to conclude the relationship between parenting and children's interaction with feeding contexts (Balantekin et al., 2020). A child's nutrition is more influenced by its mother's diet, which is typically the primary source of stimulation; Second, a mother who feeds her child a variety of foods is also able to expose her child to a variety of stimuli.

Dietary diversity may therefore impact on the number of incentives in the household in several ways. The diets of children aged 12 to 18 months are more varied, which may explain why stimulation is only an important means in this later age range, as a child begins to walk and is more active at this age. , then the mother may be more aware of her child's stimulus demands and provide additional resources (Larson et al., 2017).

METHOD

A systematic review utilizing the Preferred Reporting Items for Comprehensive Reviews and Meta-Analyses of previously recent systematic reviews, publications, and journals, revealing methods and conclusions.

STUDY SELECTION

Figure 1. Shows a flowchart of the research identification and selection process. During research articles. After removing duplicate entries, titles and abstracts were examined to find potentially

eligible publications. After reviewing the abstracts of 100 publications, 70 articles that might be eligible were found that seemed to fit the eligibility requirements. 21 reviews are included in this review after a comprehensive text review to determine final eligibility. The mapping of reviews based on the type of study is shown in Figure 2. Table 1 shows the characteristics of the reviews that were included.

FIGURE 1: REVIEW RETRIEVAL FLOW CHART

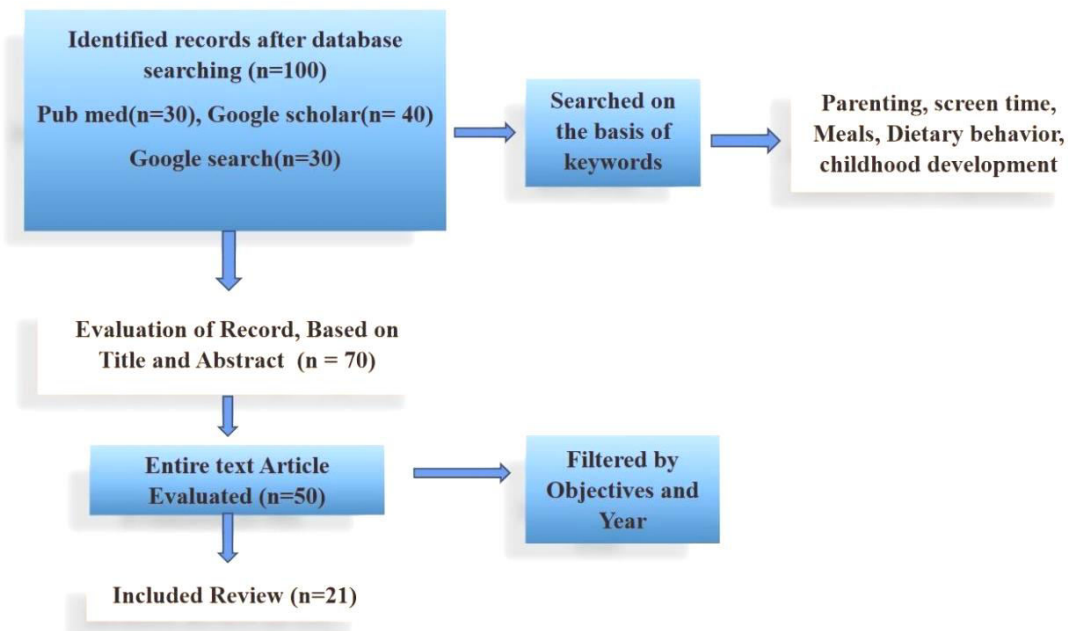
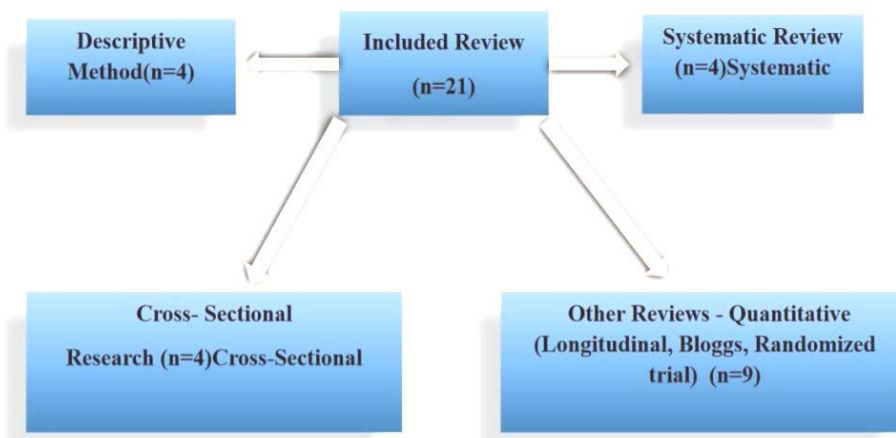


FIGURE 2: MAPPING OF REVIEWS ACCORDING TO THE NATURE OF THE STUDY.



DESCRIPTIVE STUDIES

According to descriptive research, primary healthcare settings should incorporate a thorough and methodical evaluation to detect developmental delays. Growth percentile plotting, hearing and

vision evaluations, the required blood tests, referral for pediatric developmental issues, and maternal follow-up should all be included in this examination. Parental counseling is one of them (Choo et al., 2019). According to (Early Moments Matter for Every Child - World, 2017) approximately 75 million young children under the age of five live in conflict-affected areas, increasing the risk of exposure to toxic stress that can potentially hinder brain development during childhood. Additionally, it was discovered that 63% of kids spend more than two hours each day before a screen, with television continuing to be the main culprit (Nobre et al., 2021).

CROSS-SECTIONAL STUDIES

Parents' weekend screen usage was linked to parental rivalry and interactions with diverse people and activities in the house, according to cross-sectional research (Attai et al., 2020). Numerous studies found a link between watching TV and the consumption of pizza, appetizers, fried meals, and sweets, and family meals did not counteract the negative consequences of turning the TV on at mealtime (Avery et al., 2017), screen use at mealtimes, receiving screens as needed, and engaging with other than computers, devices were all significantly connected with additional screen usage in preschool children. It discovered that parental mental disorders were linked to kids' video and television viewing, and to a lesser degree, playing video games but not to social media use. This is a novel literary discovery (Pulkki-Råback et al., 2022).

LONGITUDINAL STUDIES

Positive parenting treatments increased both baby eating habits and weight status, and these effects lasted into early childhood, according to these studies. This induction also increased the usage of reactive feeding parenting by mothers (Balantekin et al., 2020). It was also shown that the most important elements in changes in parenting style are depression in the mother and parental stress in the father (Lee & Han, 2021).

SYSTEMATIC REVIEW STUDIES

According to research, environmental influences, for example, parents, siblings, and classmates have a significant impact on a child's development (Karki & Sravanti, 2021). According to research findings, planning for young children should go at a slower speed since children's mental capacities should be suited to the individual and should not require interruptions such as advertising. Humane, interesting, and adult screen-based media material should also foster parent-child engagement (Swider-Cios et al., 2023). Screen time increases were found in conjunction with various. Other issues include poor food habits, sleep, parental well-being, mental well-being, and ocular health (Trott et al., 2022). We discovered fairly strong evidence of moderate evidence for connections between screen time and higher calorie intake, poor food quality, and lower quality of life, as well as correlations between screen time and increased obesity/adiposity and higher depressive symptoms (Stiglic & Viner, 2019).

FINDINGS

I. Influence of dietary variety on mental development includes both gross and fine motor skills, and according to several studies, actively using screen media is generally healthier than passive consumption

II. Parents are important in shaping children's eating behavior by providing food, modeling eating, and controlling food choices and behavior

III. Compared to kids who spend less than 30 minutes without a screen, kids who spend more than 2 hours in front of a screen are more likely to meet the criteria for ADHD.

IV. Excessive screen use can impact parent-child relationships and a child's play, potentially harming socio-emotional development

V. Studies discovered that children with excess screen time had poor food habits, sleep, mental health, parent health, and eye health.

VI. Many youngsters are exposed to screens during meals, leading to increased energy intake and frequent consumption of junk food, potentially raising the risk of obesity

VII. Parental mental disorders correlated with children's TV viewing, video gaming, and mature-rated movie/game exposure, but not with social media use

RESEARCH GAP

I. Weekend screen use correlated with increased educational material engagement in children, while further home environment studies are conceivable

II. More research is needed to understand the relationship between a child's traits, traditional upbringing, and dietary practices to accept the child's characteristics in a moderate manner

III. It is important to research how maternal-paternal attitudes change in response to varied time cues

IV. It is necessary to conduct additional research—which has not yet been done—on the impact of identified food-rearing practices and styles among various prosperity groups and carers

V. The impact of screen time on health remains uncertain, with some health organizations recommending a maximum of two hours per day, while others don't endorse specific limits

VI. Research is required to determine the connection between parents' stress levels and anxiety along with how they manage screen usage

VII. A few questions remain unsolved do parents allow their children to spend more time on screens to keep them occupied and how does parental stress impact the consistency of the screen time guidelines

USING PARENTAL GUIDANCE TO TACKLE BARRIERS

Early use of screens increases the possibility of abuse in subsequent years, which can lead to behavioral problems and circadian rhythm abnormalities, and impact educational success and quality of life. The utilization of screens needs to be moderated to raise digital-era kids healthily.

According to studies, the most successful strategy for limiting children's screen time is a practical change with parental support. This article discusses different methods parents can use to establish a healthy mix between screen usage and in-person conversations. Plan the day: Planning a child's day promotes family unity; prioritizes quality time and sets defined screen times with suggested limits for everyone in the family according to the Family Media Plan by AAP.

Set aside spaces and times when screens are not allowed, particularly an hour before bedtime to increase the quality of your sleep and during meals to foster family time. Establish screen-free zones in play areas and kids' rooms, for example. Co-viewing is the act of watching and playing digital media together. Help your child learn by applying whatever knowledge they can gain through apps or TV shows to their daily lives. Confirm the apps the child is installing and remove violent or inappropriate apps. Give children the most space to play: Children can be encouraged to participate in creative play – such as sketching, crafting, play-doh, playing with blocks, and storytelling (Karki & Sravanti, 2021)

SUMMARY

Compared to kids whose screen time was monitored very occasionally, those whose screen time was closely observed showed a higher chance of potential deficiencies in attention, cognition, and social skills, although There was no significant difference by gender among the screen-viewing children. Developmental delays are strongly linked to screen use. Developing those motor skills allows children to find their purpose, which promotes the development of brain abilities. Further study is required to completely comprehend the effects of this work on children living in these different types of families. To encourage healthy development in this era of technology, and especially whilst in lockdown conditions, parents and carers must restrict screen-based activities for preschool children and encourage interaction with others, play, and physical exercise. Controlled research is required, and the present status quo must be revised.

CONCLUSION

Increased nutritional variety and psycho-social stimulation may be essential for children's growth. We advise taking into account parents' mental health as a potential predictor of their kids' screen time habits. Maintaining a rich home environment and employing suitable co-viewing behaviors may make parenting easier in the future. Future study is required to completely comprehend the consequences of our work on children who live in various sorts of households. Prioritize minimizing screen usage and boosting in-person connection, playing, and physical workouts for preschoolers to support healthy development, especially during lockdowns. Controlled research is required, and the criteria must be amended to reflect the current context.

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