Today’s piece was prepared by Max Marlowe, MD based on a British news source, Independent, [Screen Time Could Damage Children’s Imaginations, Say Nursery Workers](https://www.independent.co.uk/life-style/health-and-families/screen-time-children-imagination-imaginary-friends-nursery-a9078351.html).

This article discusses a poll of 1000 nursery workers by a British nursery review website, finding 2/3 believe screen time is diminishing creativity and imagination of young children, with decrease in imaginary friends. The article cites a psychologist who argues that children’s play is changing over time with media.

This story is somewhat scientifically balanced given that it focuses on the data from the poll it is discussing and makes minimal editorial extrapolations. In addition, it provides a countering statement from a mental health professional to aid in the reduction of bias. The article is written to be easy to read and provides data-based persuasion for its point.

We live in a dynamic and changing environment, and in this technological society screened devices are now a necessity. However, pediatricians have a responsibility to understand developmentally appropriate guidelines for screen exposure (*see* [*Media and Young Minds*](https://doi.org/10.1542/peds.2016-2591)*,* and [*Media Use in School-Aged Children and Adolescents*](https://doi.org/10.1542/peds.2016-2592) *Pediatrics, 2016*) and to be able to direct families to appropriate, digestible, science-based resources so they can best serve their families. The following resources for families recommend graduated autonomy with screens and media as children approach adolescence, but with parental responsibility to promote guidelines for amount of time spent on screens and an understanding of the content that is being used, as well as creating an environment outside of screen time that allows for talking, bonding, and play.

**RESOURCES ON SCREEN TIME:**

[Family Digital Wellness Guide](https://cmch.tv/familydigitalwellness/) *Center on Media and Child Health, Boston Children’s. This tool addresses many aspects of media use including television, cellphones, as well as the changing standards given the increased screen time related to the Coronavirus pandemic.*

[Screen Smart Guidelines](http://netaddiction.com/wp-content/uploads/2015/07/Screen-Smart-Guidelines.pdf) *by* [*Kimberly Young, PhD*](https://en.wikipedia.org/wiki/Kimberly_Young) *appropriate screen times and activities that can be performed using screens for a given developmental age.*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!