



Helping Children Thrive

in a Low-Tech World

Inspired Minds
ECC Consulting

Understanding the Impact of Technology on
Children's Behaviour and Development



How Technology Can Cause Dysregulated Behaviours

Screens can overstimulate a child's developing brain and nervous system, making it harder for them to:

- ♥ Manage big emotions
- 👁️ Focus and pay attention
- ↔️ Cope with transitions
- 🌙 Sleep well
- 🍃 Engage in calm, meaningful play



Dysregulated behaviour is a sign that your child's nervous system is overwhelmed.



3 FACTS ABOUT SCREEN TIME FOR YOUNG CHILDREN

1

Young children's brains are still developing. Excessive screen time can affect attention, self-regulation, and impulse control. (Center on the Developing Child, Harvard University)



2

More screen time is linked to more behavioural challenges such as irritability, restlessness, tantrums, and difficulty soothing. (Journal of Pediatrics, 2019)



3

Screen time before bed can interfere with melatonin production, leading to poorer sleep and more daytime dysregulation. (American Academy of Pediatrics)



TIPS FOR MINIMIZING SCREEN TIME



Under 2 years old

Screen time should not be used unless for video chatting with family members.



2-5 years old

Limit screen time to 1 hour a day.



Avoid sedentary screen time.

Engage with your child during screen time. Watch, talk, and learn together.



Set boundaries for screen time.

Avoid during meals, 1 hour before bedtime, and in the morning before school.



Be consistent and calm.

Clear, loving limits help children feel safe and secure.



WHAT CAN YOU DO INSTEAD?

Choose healthy, connection-building activities that support your child's development.



Play Together

Build connections, creativity, and problem-solving skills through play.



Read Together

Create a love for language, communication, and reading.



Go Outside

Fresh air, nature, and movement support brain and body development.



Do Activities Together

Cook, create, build, or do puzzles to build focus and connection.



Be a Role Model

Children learn by watching you. Show balance with healthy tech habits.

MINIMIZE "TECH WITHDRAWAL"

When screen time ends suddenly, children may experience a drop in dopamine, leading to meltdowns, irritability, or shutdowns.

Try This Instead:

Offer a high-energy, engaging activity right after screen time to help their brain transition smoothly.

Then slowly reduce stimulation with a calmer activity (e.g., puzzle, reading, quiet play) to gradually lower stimulation.



High Energy Engagement (Movement, active play)



Moderate Engagement (Creative, hands-on play)



Low Energy Calming (Reading, quiet play)



Feelings of Safety & Regulation

Slow the drop. Support their nervous system. Build self-regulation. ♥



Every child develops at their own pace. Connection, play, and relationships are the true foundation for lifelong learning.



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