

Mayo Clinic Minute: How much screen time is too much time for your kids?

VIDEO	AUDIO
Nats dog barking	Is your teen always texting?
Nats of gaming	Or gaming?
Nats of gaming	Or you just don't know?
Nusheen Ameenuddin, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"We've always told parents to try to monitor their children's online content, to try to limit it, to make sure that it's not affecting their sleep or their schoolwork or their mood."
	And that's a huge job, says Dr. Nusheen Ameenuddin. Kids can get online, literally, from the palm of their hands.
	"For parents, I would recommend that they check in with their kids. That they try to find out what kids are doing when they're online. Are they spending time playing games with friends? Or are they searching for things? Are they using it for schoolwork?"
Nats Mom	"You're addicted to this thing!"
	Excessive use of social media can be related to how it affects your child.
	"Anything that is affecting your child's sleep, anything that's affecting their mood, anything that is affecting their academic performance would be considered excessive use."
Nats Son	"No, mom."
Nats Mom	"Yes!"
Nats Son	"I'll be up in 10 minutes."
Nats Mom	"No ... now!"
	For the Mayo Clinic News Network ...
Nats Mom	"How do you push this button? There."
	... I'm Jason Howland.
Nats Son	"Come on, mom!"
Nats Mom	"No. This is an addiction."

