

Soundbite Script - What one movie can teach families about screen time

Chasity Caperton, MD, pediatrician, OSF HealthCare

"I love it. I love that they're bringing this topic forward. It's given the parents an avenue to be able to discuss this with their children in a non-confrontational way. I think it's needed. It shows that screens are pervasive in society, and this film just drives that point home." (:23)

Chasity Caperton, MD, pediatrician, OSF HealthCare

"I'm very concerned, and it's not simply a question of the hours of screen time. It's what that screen time is replacing. Is it replacing interaction with their parents? Is it replacing interaction with their friends, imaginative play, or any physical activity or sleep that they may need? All these things are essential for the development of a child." (:23)

Chasity Caperton, MD, pediatrician, OSF HealthCare

"The things that I ask are, 'are they using it?' The answer is always yes. Typically, the next thing is: 'Do they use social media? Do they game? Are there parental controls?' And then the last thing that I ask is: 'Is this starting to interfere with the child's sleep? Are they having behavior issues that the parents think can be related to this screen time? And how is it impacting their education?'" (:33)

Chasity Caperton, MD, pediatrician, OSF HealthCare

"They can start off by asking their child, 'What did you notice about Bonnie's behavior? How did it change throughout the movie?' They can also discuss the peer pressure that's involved with using [devices] because that's also demonstrated in the movie." (:16)