FOR MANY FAMILIES, BACK-TO-SCHOOL IS JUST AROUND THE CORNER. SO, WHAT SHOULD YOU BE DOING TO GET READY?

ACCORDING TO ONE MEDICAL PROFESSIONAL — YOU MAY WANT TO START WEANING YOUR CHILD OFF SCREEN TIME.
CHIEF MEDICAL OFFICER AT BAYLOR SCOTT & WHITE McLANE CHILDREN’S MEDICAL CENTER, DOMINIC LUCIA (LOO-CHIA), SAYS SCREEN TIME CLOSE TO BEDTIME CAN NEGATIVELY IMPACT SLEEP … SO, ESPECIALLY START LIMITING DEVICES AT NIGHT.
CUTTING BACK ON SCREEN TIME, IN GENERAL, MAY ALSO HELP IMPROVE YOUR CHILD’S CONCENTRATION DURING THE SCHOOL DAY.

LUCIA SAYS – WHILE YOU’RE REFRESHING YOUR DAILY ROUTINE – ALSO CONSIDER TAKING TINY STEPS TOWARD AN EARLIER BEDTIME … TO ENSURE YOUR CHILD IS GETTING BETWEEN EIGHT TO TWELVE HOURS OF SLEEP A NIGHT.