

BACK-TO-SCHOOL & SCREEN TIME
Dominic Lucia, MD, Chief Medical Officer
Baylor Scott & White McLane Children's Medical Center

{**ON CAM**}

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

{**TAKE VO**}

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.

{**TAKE SOT**}

Dominic Lucia, MD

Chief Medical Officer

Baylor Scott & White McLane Children's Medical Center

TRT: 09

"It's very hard for the teacher to replicate that amount of stimulus that they're getting from these highly designed games, electronics, lights, graphics.

{**ON CAM**}

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.