

# CONTROLLING SMARTPHONE'S ADVERSE EFFECTS ON CHILDREN

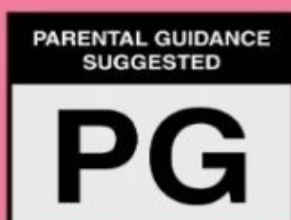


Introduce mobile phones to children after preschool.



Encourage using speaker mode or headphones to maintain a safe distance between the head and the phone.

Use the parental guidance options to protect them from inappropriate content.



Make a "no cellphones at the dinner table" rule to minimize screen time.

Learn about the content they view on their phones and their safety.



Encourage fun physical activities to decrease mobile phone dependence.

#### References:

- 1.Examining the Effect of Smartphones on Child Development; Concordia University
- 2.Children and Teens and Cell Phones; US FDA

