

Learn More About Your Child's Screen time in the Aura Study

Our teams at South County Child and Family Consultants and LearningWorks for Kids have a longstanding interest in the impact of screen time on children. We see both positive and problematic use in screen time. We have conducted published research [in our office](#) in the past and are undertaking a new comprehensive study of screen time among a neurodivergent population. We also support other studies that explore this critical topic. We'd like to encourage our readers to participate in the Aura study.

I want to support this research. If you are interested, visit [this page](#) to sign up or learn more. Parents' participation will provide them with a clearer understanding of their child's screen time habits, including what they are engaging in and how much time they spend. One of the study's goals is to help us better understand the long-term effects of screen time on children's well-being. You can learn more about the study [here](#).

Parents in the twenty-first century are increasingly worried about their children's use of technology. With cell phones becoming nearly universal, 95% of teens now have access to one [according to the Pew Research Center](#), parents find it more challenging to manage what their children encounter in the real and online world. Over the past decade, concerns about setting limits on screen time have risen significantly among parents. A [2015 study of Australian parents](#) found excessive screen time to be the number one child health problem, more than obesity, drug use, and poor nutrition. A more recent study conducted by the [American family survey in 2018](#) indicated that parents believe that the overuse of technology is the most important issue facing teenagers. The study of 498 parents indicated that overuse of technology was their single

most important concern. In the study, 53% of parents described it as one of the most important issues facing teens, followed by 45% for bullying, 36% for mental health issues, 35% for family breakdown/divorce, and 34% for the pressure to use drugs or alcohol.

Please help us learn more about the impact of screen time on children by participating in this study.