# Article information:

'Time-poor parents': Most young children in Singapore get excessive screen time, KKH survey shows - CNA
<https://www.channelnewsasia.com/singapore/children-parents-screen-time-health-physical-activity-sleep-2450156>

# Article summary:

1. A survey by KK Women's and Children's Hospital (KKH) in Singapore found that most children aged three to seven spend more than the recommended amount of time looking at screens for recreation, with many getting two hours a day on weekends.

2. The survey also revealed a lack of awareness among parents regarding the recommended durations of physical activity and recreational screen use for young children.

3. The guidelines developed by KKH include recommendations to reduce childhood myopia rates and promote family unit practices, as well as specific guidelines for screen time, physical activity, sleep, and eating habits for different age groups.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article discusses the findings of a survey conducted by KK Women's and Children's Hospital (KKH) in Singapore, which reveals that most children aged three to seven in the country spend more than the recommended amount of time looking at screens for recreation. The article highlights that these children exceed the guideline of not more than one hour of screen time per day, with many even getting two hours a day on weekends.

One potential bias in the article is its focus on the negative aspects of excessive screen time without providing a balanced perspective. While it is important to address the issue of excessive screen time and its potential impact on children's health, it would be beneficial to also explore the positive aspects of technology use, such as educational apps and programs that can enhance learning and development.

The article also mentions that there was a general lack of awareness among parents regarding recommended durations for physical activity and recreational screen use. However, it does not provide any evidence or data to support this claim. It would be helpful to include specific examples or statistics from the survey to illustrate this lack of awareness.

Additionally, the article states that the guidelines developed by KKH include strategies to reduce childhood myopia rates in Singapore. However, it does not provide any information about these strategies or how they are related to screen time. This omission leaves readers with unanswered questions about how excessive screen time may contribute to myopia and what steps can be taken to prevent it.

Furthermore, while the article mentions that parents who role-model healthy recreational screen time encourage healthy habits in children, it does not explore other factors that may influence children's screen time behavior. For example, socioeconomic factors, parental work schedules, and access to alternative activities may all play a role in determining how much time children spend looking at screens.

Overall, while the article provides some valuable information about excessive screen time among young children in Singapore, it could benefit from a more balanced approach that considers both the potential risks and benefits of technology use. Additionally, providing more evidence and data to support the claims made would strengthen the article's credibility.

# Topics for further research:

* Strategies to reduce childhood myopia rates in Singapore related to screen time
* Positive effects of technology use on children's learning and development
* Recommended durations for physical activity in children
* Factors influencing children's screen time behavior
* Socioeconomic factors and screen time in children
* Access to alternative activities for children to reduce screen time

# Report location:

<https://www.fullpicture.app/item/3596b8566bf2c4ca87d49a1ad4e8d9a1>