

The video says that screen time can alter young brains, both positively and negatively. On the negative side, the video says that screen time can stunt the development of the frontal lobe, which is the part of the brain that decodes social interactions. This can make it more difficult for children to develop empathy or learn social cues. This can release stress hormones and overactivate the brain's reward system, making kids used to immediate gratification. Some studies have shown that screen time can improve a child's ability to stay calm in stressful situations. Screen time can also overload children's senses with bright colors, loud sounds, and fast-paced stories. On the positive side, the video says that screen time can help prepare a child's brain for our increasingly fast-paced world. The video concludes by saying that screen time is not always bad, but it's important to use it in moderation. Educational games are better than violent movies, and children need to be able to function in the real world as well as the digital world.