

Resolution 2
Mississippi Nurses' Association
114th House of Delegates
Biloxi Convention Center
Biloxi, MS

Introduced by: **Anne Norwood, PhD, RN, FNP-BC and**
 Lisa Haynie, PhD, FNP-BC
 on behalf of MNA District 13

RESOLUTION: **Commit to Addressing the Impact of Media Use**
 and Screen Time on Children's Health and Well-
 Being and Promoting Healthy Digital Habits

WHEREAS, the American Academy of Pediatrics recommends the minimizing or elimination of media use and screen time other than video chatting for any child under the age of 18 months, elimination of devices in bedrooms through school-age, and designation of digital media-free times together and digital media-free locations in homes¹; and

WHEREAS, the increasing use of digital devices (computers, iPads, phones, gaming devices) for media use among children has raised concerns regarding their physical health, mental well-being, academic performance, and social development^{2, 4}; and

WHEREAS, excessive media use and screen time has been linked to various health issues including eye strain, poor sleep quality, decreased physical activity, and behavioral problems in children ⁵; and

WHEREAS, parents, educators, and healthcare professionals have expressed the need for clear guidelines and support to promote balanced and healthy screen usage among children¹; and

WHEREAS, the purposes of the Mississippi Nurses' Association include working for the improvement of health standards ⁶; and

WHEREAS, the Mississippi Nurses' Association recognizes the importance of technology in education and communication but commits to the necessity of fostering healthy digital habits from an early age⁷; i

Resolution 1, continued

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association encourages parents, guardians, and educators to adhere to evidence-based screen time guidelines recommended by health authorities such as the American Academy of Pediatrics, which generally advise:

- No screen time for children under 18 months except for video chatting.
- Limited screen time (no more than 1 hour per day) for children aged 2 to 5 years, with high-quality content.
- Consistent limits on screen time for children aged 6 and older, ensuring it does not interfere with sleep, physical activity, and other healthy behaviors.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association supports the integration of educational programs in schools and communities to raise awareness about the potential risks associated with excessive screen use and to teach digital literacy and self-regulation skills.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association urges technology companies and content creators to develop child-friendly platforms that promote safe, educational, and age-appropriate content, as well as tools that assist parents in managing screen time.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association calls for further research on the long-term effects of screen time on children's health and development to inform future policies and guidelines.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association encourages healthcare providers to routinely discuss screen time habits with families during pediatric visits and provide resources for healthy digital usage.

¹American Academy of Pediatrics. (2025, October 7). *Early childhood development and screen time toolkit*. <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/early-childhood-development-and-screen-time-toolkit>

²Devi, K.A.& Singh, S.K. (2023). The hazards of excessive screen time: Impacts on physical health, mental health, and overall well-being. *Journal of Education and Health Promotion*, 12(1), 413. https://doi.org/10.4103/jehp.jehp_114_23

³Brosnan, B., Haszard, J.J., Meredith-Jones, K.A., Wickahm, S.R., Galland, B.C., Taylor, R.W. (2024). Screen use at bedtime and sleep duration and quality among youths. *Journal of American Medical Association Pediatrics*. 178;(11):1147-1154. <https://doi.org/10.1001/jamapediatrics.2024.2914>

⁴Qu, G., Hu, W., Meng, J., Wang, X., S, W., Liu, H., Ma, S., Sun, C., Huang, C., Lowe, S., & Sun, Y. (2023). Association between screen time and developmental and behavioral problems among children in the United States: evidence from 2018 to 2020 NSCH. *Journal of Psychiatric Research*, 161, 140-149 <https://doi.org/10.1016/j.jpsychires.2023.03.014>

⁵McGough, K. (2022). Pediatric Screen Time. *American Association of Nurse Practitioners*. 34(4): 631-638 <https://doi.org/10.1097/JXX.0000000000000682>

⁶Mississippi Nurses Association (MNA), (2023), Bylaws: Article 1, Section 2.A. Madison, MS: Author. <https://www.msnnurses.org/wp-content/uploads/2024/07/MNA-Bylaws-Final-as-voted-on-at-2023-Convention.pdf>

⁷Li, L., Valdez, J.P.M. & Du, Y. Digital citizenship education at the early childhood level: how is it implemented? A systematic review. *ICEP* 19, 13 (2025). <https://doi.org/10.1186/s40723-025-00153-2>