# French health experts call for ban on screens for children under six amid rising ADHD and sleep issues



In a reflection on the impact of digital technology on child development, five leading health organisations in France have issued stark warnings regarding screen time for young children. According to these organisations, including the French Society of Paediatrics, current guidelines—which recommend no screen exposure for children under three years of age and limited, educational content for those aged three to six—must be revised. They assert that evidence suggests screens are unsuitable for any child under the age of six, noting that such exposure can “permanently impair their intellectual abilities.”

The growing concern among health professionals, including those in mental health services, stems from a noticeable increase in cases of attention deficit hyperactivity disorder (ADHD) and sleep problems among children, which coincides with high levels of screen time. A troubling trend has emerged, with children under five years old reported to spend, on average, over four hours a day in front of screens. This lifestyle is said to detract from essential real-world interactions that are vital for developing social skills, independence, and language abilities.

Experts are particularly alarmed that children are increasingly preferring virtual engagement over outdoor activities, even during pleasant weather. Anecdotal evidence suggests many children opt to play video games indoors rather than engage in physical play outside, raising concerns about their long-term developmental outcomes.

The health organisations warned that without a change in parental attitudes towards screen time, the future of today’s children could be compromised. They recommend stricter limits on screen exposure to encourage more enriching, face-to-face interactions.

In a broader cultural reflection, the piece also addresses the complex relationship dynamics within the British royal family, specifically commenting on Prince Harry's recent statements regarding reconciliation with his family. During a BBC interview, Harry expressed his desire to mend ties with his father amid ongoing legal battles concerning his security. The commentary suggests that while Harry wishes to rebuild these relationships, his actions, such as appealing a High Court decision that has strained familial ties, raise questions about his commitment to the reconciliation process.

The narrator argues that for genuine reconciliation to occur, a degree of humility and apology is necessary from all parties involved. The current tension is perceived as rooted in both sides' grievances, but a sincere desire to resolve these issues is deemed essential.

Additionally, the Society of Radiographers has proposed allowing men to conduct mammograms in a bid to reduce waiting times, a suggestion met with mixed reactions. There has also been a call for better access to mental health resources, particularly regarding the treatment of insomnia, highlighting the potential benefits of Cognitive Behavioural Therapy (CBT).

Finally, discussions on public health have also brought forth the issue of gambling addiction, with the launch of a new app by GambleAware aimed at supporting individuals looking to reduce or quit gambling. This initiative seeks to address the stigma that often prevents those with gambling problems from seeking help.

These topics reflect a wider context of health, well-being, and the intricate relationships that shape societal narratives today.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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2. <https://www.lemonde.fr/en/france/article/2024/04/26/near-paris-a-pediatric-clinic-treats-young-children-for-excessive-screen-use_6669667_7.html> - This piece highlights the Jean-Verdier Hospital's pediatric clinic in Bondy, near Paris, where Dr. Sylvie Dieu Osika treats children exhibiting concerning behaviors linked to excessive screen exposure, advocating for no screen use until children develop language skills.
3. <https://www.lemonde.fr/en/france/article/2024/05/02/kids-and-screentime-what-the-committee-appointed-by-macron-recommends_6670225_7.html> - This article reports on a French expert committee's recommendations, including avoiding screen use before age three and restricting it until age six, to mitigate negative effects on children's health and development.
4. <https://www.medscape.com/viewarticle/french-experts-provide-guidelines-childrens-screen-time-2024a10009c1> - This article details the French expert committee's 29 proposals on children's screen time, emphasizing the need for collective societal intervention and stricter industry regulations to address the adverse effects of excessive screen exposure.
5. <https://www.lemonde.fr/en/pixels/article/2024/06/13/why-macron-is-putting-screen-time-back-on-his-agenda-for-the-parliamentary-elections_6674714_13.html> - This piece discusses President Emmanuel Macron's reintroduction of screen time as a key topic in his agenda, proposing measures like banning smartphones for children under 11 and restricting social media access before age 15 to protect children from adverse effects.
6. <https://time.com/5711037/problematic-internet-use-screentime/> - This article examines how excessive screen time can impair daily functions and exacerbate existing mental health issues like ADHD, highlighting the importance of moderation and mindful use of online platforms.
7. <https://www.dailymail.co.uk/femail/article-14679021/The-shocking-rise-ADHD-children-linked-one-thing-banned-DR-MAX-PEMBERTON.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data