

PARENTING GAZETTE

Parenting Just Got Easier



September 2009

Young Children Spending More Time On-Line

A Nielson study reports that online use by young children, ages 2 to 11, is growing at a faster rate than that of any other age group, including adults. Young children now comprise nearly 10% of current Internet users. The study found that preschoolers generally use the computer while sitting on a parent's lap.

Nielson Online

Too Much TV and Computer Time Can Raise Blood Pressure and Interfere with Sleep

A recent study of children, ages 3 to 11 years, conducted by researchers at Michigan State and Iowa State Universities found a link between high blood pressure and extensive TV viewing, computer use, and/or playing video games. Children who spent the least amount of time involved in these activities had the lowest blood pressure. TV viewing was most linked to high blood pressure sleep problems, if TV watching occurred before bed time. **The researchers advised that children, ages 3 to 11, spend less than 2 hours per day (total) watching television and/or using computers and video games; should not watch TV before bed; and spend at least 1 hour per day being physical active.**

Archives of Pediatrics and Adolescent Medicine

A Study Shows High Blood Pressure Increasing and Dangerously Underdiagnosed in Youth

A medical research team at Case Western Reserve Medical School recently studied children and teens treated at clinics in Ohio. They found that only 26% that had high blood pressure had been diagnosed. Some children with high blood pressure were as young as 3 years old. **The researchers suggested that parents ask doctors to check their children and teens for high blood pressure during regular office visits.**

Journal of the American Medical Association

More Teens are Being Educated about the Negative Effects of Alcohol/Drugs by Their Parents

A national survey conducted by the Partnership for a Drug-Free America found that 37% of teens said they learned "a lot" about drugs from their parents, up 16% from a 2007 study. This indicates that "parents are talking and kids are listening". Research shows that youth are about 50% less likely to use alcohol and other drugs, if their parents talk to them about the risks of use. **Parents! Educate yourself about the dangers of youth use of alcohol and other drugs and share that information with your children and teens. Follow these links for more information:**
<http://www.theantidrug.com/> and
http://family.samhsa.gov/media/familyguide/Underagebrochure_10_27_released_2.pdf

Partnership for a Drug-Free America

The Chippewa Valley Coalition for Youth and Families joins parents, school and community in promoting safe, healthy and drug-free youth and supporting families. For more information, please call 586/723-2360.