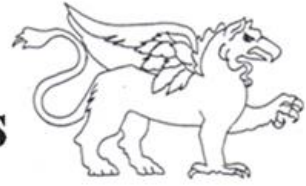




*Specialised*  
Security Services



---

**PROJECT:**  
**THE PHYSICAL**  
**IMPACT OF**  
**EXTENDED**  
**SCREEN TIME**  
**ON CHILDREN**

---

*Experts in psychology, neuroscience, and education study our senses (sight, hearing, touch, taste, smell, and other less-known ones like balance and body awareness). Their focus is to understand how what we sense shapes our behaviour.*

*Sensory behavioural implications refer to our senses' effects on our behaviour.*

*People can react differently to the same sensory experience, leading to a wide variety of behaviours based on individual sensitivities and preferences.*

*New research has again confirmed Specialised Security Services' continuous plea to parents to control their children's screen time. The research suggests that young children exposed to prolonged hours of screen time from an early age may develop unusual behaviours related to their senses.*

*These children might seem uninterested in regular activities, crave more excitement, or are easily upset by things like loud noises or bright colours.*

---

- Paediatricians' study indicates that small children exposed to more screen time by age two could be more prone to seek or avoid intense sensory experiences by the time they are almost three years old.
- These habits are linked to how well their bodies handle sensory information, such as what they hear or see and how they comprehend the world around them.
- They have shown delays in learning and thinking abilities.
- Studies also show that more than seven hours of screen time a day was associated with changes in the brain's cortex, which matters for reasoning and decision-making.
- This study adds to the growing concern about screen time and its impact on children's development.
- It is becoming clear that limiting screen time in the early years could be essential for the growth and health of our children.
- Too much screen time early on during childhood could make children more likely to develop intense reactions to sensory experiences or, on the other hand, show less interest in or awareness of them.
- At one year, children with any screen viewing had more than double the risk of developing atypical sensory behaviours by 33 months.
- Each additional hour of screen time at 18 months was linked with a 23% increase in such behaviours.
- An extra hour at two years old was connected to a 20% hike in behaviours such as sensation seeking or avoiding.
- Adjustments were made in the research for factors including age, pre-term birth, caregiver education, race/ethnicity, and the child's physical activity.
- Experts point out that these sensory behaviours could have implications for a child's learning and social interactions.

- Another survey notes a significant number of teens are virtually online "almost constantly," and those with over three hours of social media use daily are at double the risk for mental health issues.
- 

## **IMPORTANT ADVICE FOR ACCOUNTABLE PARENTS:**

- Sit down and decide how your family should use social media.
  - Some things to discuss might include how much time everyone can spend online, what websites are appropriate to visit, and how to keep your personal information safe.
  - Keep screen time short for little ones.
  - Too much screen time is not advisable for kids under two years old.
  - Try to keep screen time to just one hour daily for children between two and five.
  - Say no to gadgets in certain places, for example, at the dining room table or in the family room.
  - Research shows that watching screens for over two hours at night can negatively influence your sleep by affecting the melatonin hormone.
  - To help everyone sleep better, turn off all phones, computers, and TVs at least an hour before bedtime.
  - Be the example and control your own use of your cell phone responsibly.
- 

*Specialised Security Services continuously warns against the criminal aspects arising when vulnerable children are exposed to unsuitable and age-inappropriate websites.*

*These dangers include manipulation, extortion, threats, grooming by predators, child pornography and even human trafficking. Future projects will again focus on these aspects; however, it is also critical to understand that too much screen time and improper websites will have a negative physical impact on your child.*

---

## REFERENCES:

- <https://www.msn.com/en-za/news/other/what-is-all-this-screen-time-doing-to-children-s-brains/ar-AA1mGucx?cvid=6d30a29f89cd41eb9ed9bdec8f9c2a7f&ocid=socialshare&ei=14>
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10353947/#:~:text=Research%20has%20shown%20negative%20associations,%2C%20and%20anxiety%20%5B17%5D.>
  - <https://healthmatters.nyp.org/what-does-too-much-screen-time-do-to-childrens-brains/>
- 

*Visit our Facebook page and our website for other current projects:*

- <https://www.facebook.com/MikeBolhuisOfficial>
  - <http://www.mikebolhuis.co.za>
- 

*Specialised Security Services invites the public to the Mike Bolhuis Daily Projects WhatsApp Group.*

*This group is important in delivering insights into the latest crime trends, awareness, warnings and the exposure of criminals.*

## **HOW TO JOIN THE MIKE BOLHUIS DAILY PROJECTS WHATSAPP GROUP:**

- Simply follow the link to our dedicated WhatsApp group: <https://chat.whatsapp.com/Ew1H1dbUR988qoG8gei2sE>
  - "JOIN" to ensure you never miss our daily updates.
  - You will receive automatic notifications as soon as a new project is placed.
  - Please share this with family, friends and colleagues.
-

**ALL INFORMATION RECEIVED WITH REGARD  
TO THE PROJECTS WILL BE TREATED IN THE  
STRICTEST CONFIDENTIALITY AND  
EVERY IDENTITY WILL BE PROTECTED.**

---

***You may forward this document.***

Regards,

Mike Bolhuis  
Specialist Investigators into  
Serious Violent, Serious Economic Crimes & Serious Cybercrimes  
PSIRA Reg. 1590364/421949  
Mobile: +27 82 447 6116  
E-mail: [mike@mikebolhuis.co.za](mailto:mike@mikebolhuis.co.za)  
Fax: 086 585 4924  
Follow us on Facebook to view our projects -  
<https://www.facebook.com/MikeBolhuisOfficial>

**EXTREMELY IMPORTANT:** All potential clients need to be aware that owing to the nature of our work as specialist investigators there are people who have been caught on the wrong side of the law - who are trying to discredit me - Mike Bolhuis and my organisation Specialised Security Services - to get themselves off the hook.

This retaliation happens on social media and creates doubt about our integrity and ability. Doubt created on social media platforms is both unwarranted and untrue.

We strongly recommend that you make up your minds concerning me and our organisation only after considering all the factual information - to the exclusion of hearsay and assumptions.

Furthermore, you are welcome to address your concerns directly with me should you still be unsatisfied with your conclusions. While the internet provides a lot of valuable information, it is also a platform that distributes a lot of false information. The distribution of false information, fake news, slander and hate speech constitutes a crime that can be prosecuted by law. Your own research discretion and discernment are imperative when choosing what and what not to believe.

**STANDARD RULES APPLY:** Upon appointment, we require a formal mandate with detailed instructions. Please take note that should you not make use of our services – you may not under any circumstance use my name or the name of my organisation as a means to achieve whatever end.

**POPI ACT 4 of 2013 South Africa:** Mike Bolhuis' "Specialised Security Services" falls under Section 6 of the act. Read more here: <https://mikebolhuis.co.za/popi-act-4-of-2013-section-6-mike-bolhuis/>

---

**SSS TASK TEAM:**

<https://mikebh.link/sss-task-team>

**SSS CYBERCRIME UNIT:**

<https://mikebh.link/sss-cyber-team>



---

*Copyright © 2023 Mike Bolhuis Specialised Security Services, All rights reserved.*

You are receiving this email to inform and keep you up to date with violent and/or economic crimes. So that you can inform and protect your loved ones and everyone you know.

**Our mailing address is:**

Mike Bolhuis Specialised Security Services

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

---

This email was sent to [mike@mikebolhuis.co.za](mailto:mike@mikebolhuis.co.za)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Mike Bolhuis Specialised Security Services · Plot 75 Leeuwfontein · Pretoria, Gauteng 0039 · South Africa