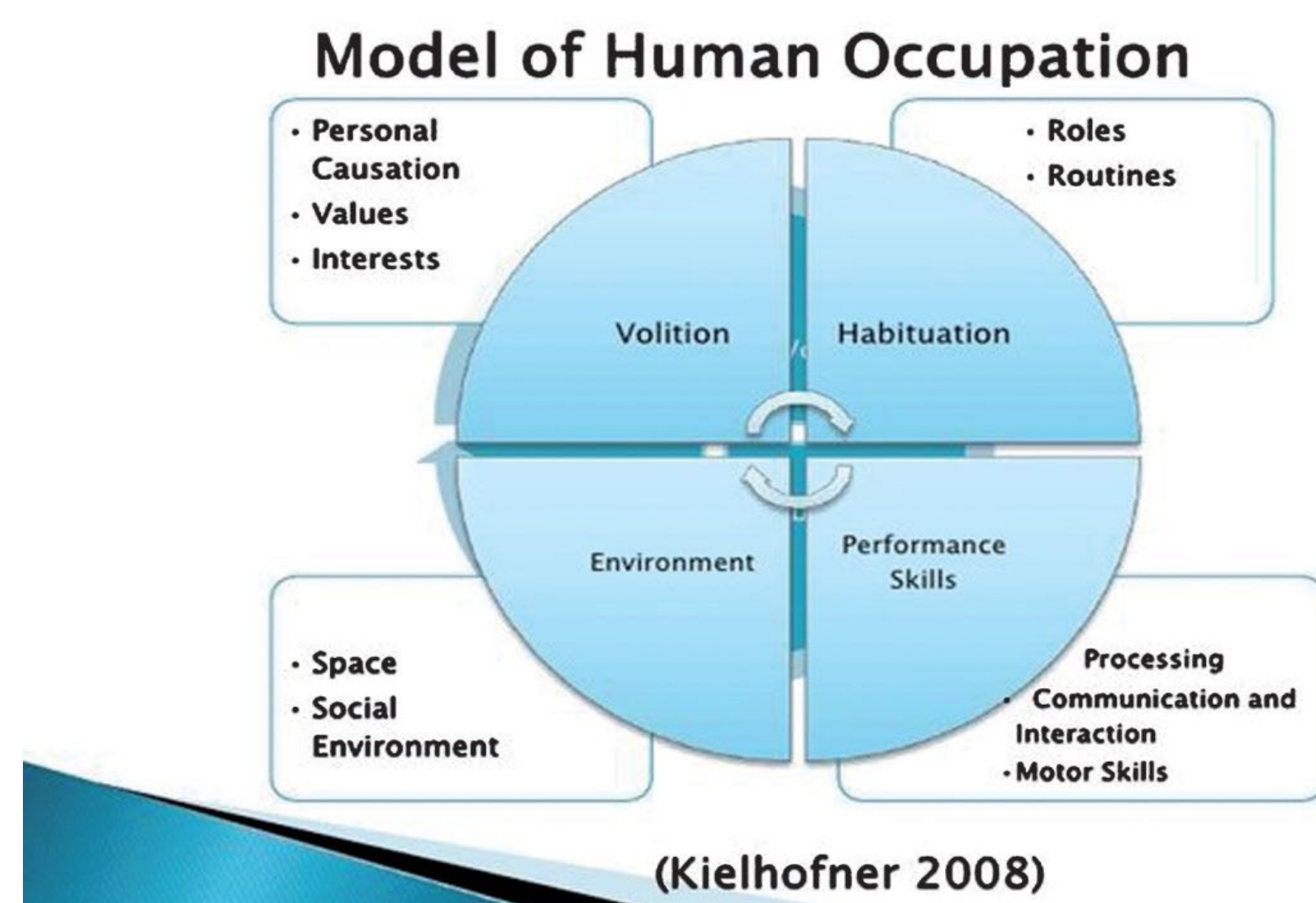


# BALANCING SLEEP & SCREENS: A FAMILY-CENTERED OCCUPATIONAL THERAPY APPROACH TO SCREEN TIME & PEDIATRIC SLEEP HYGIENE

Izzy Dodge  
OTD Capstone Student

## BACKGROUND

- Healthy sleep plays a critical role in children's brain development, emotional regulation, learning, behavior, and participation in daily occupations (Abrams, 2020)
- Increasing screen use, particularly before bedtime, may negatively influence sleep quality, circadian rhythms, attention, and emotional regulation (G et al., 2024; Silva et al., 2026)
- Families frequently report challenges related to screen transitions, bedtime participation, and balancing technology use within everyday life (Blaine et al., 2021; Howard & Akhund, 2024)
- The Model of Human Occupation (MOHO) guided the project by emphasizing the relationship between habits, routines, motivation, environments, and participation within daily life



## GOAL, OBJECTIVES & ACTIVITIES

**Goal**  
Develop and disseminate a family-centered OT toolkit to support pediatric screen time management and sleep hygiene within outpatient pediatric practice.

**Objectives**

- Conduct literature review and identify evidence-informed themes

- Gather clinician and caregiver perspectives through surveys

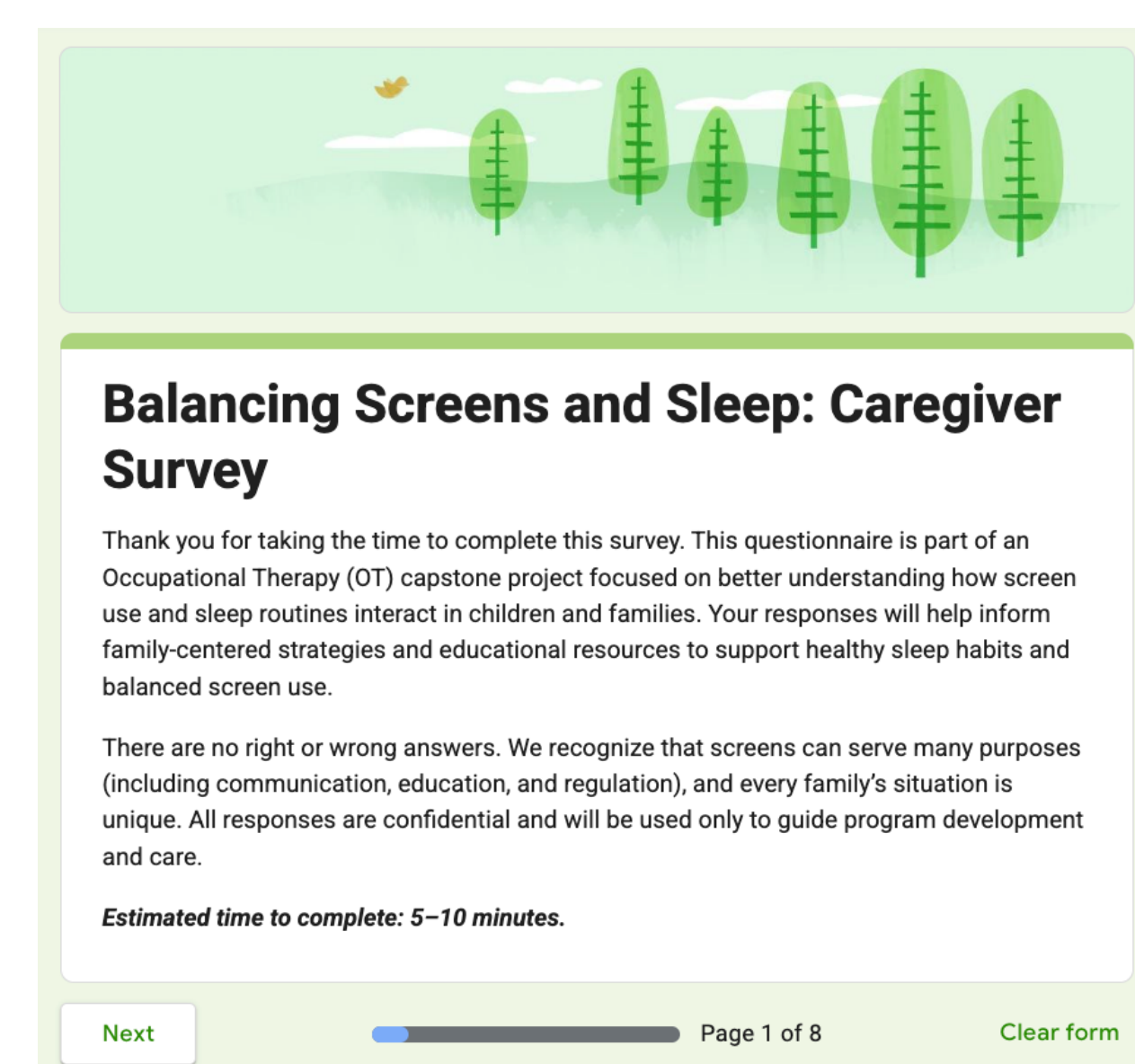
- Develop family-centered toolkit materials

- Gather clinician feedback and revise toolkit

- Disseminate finalized toolkit across clinic locations

### Activities

- Literature Review → Surveys → Toolkit Development → Feedback/Revisions → Dissemination

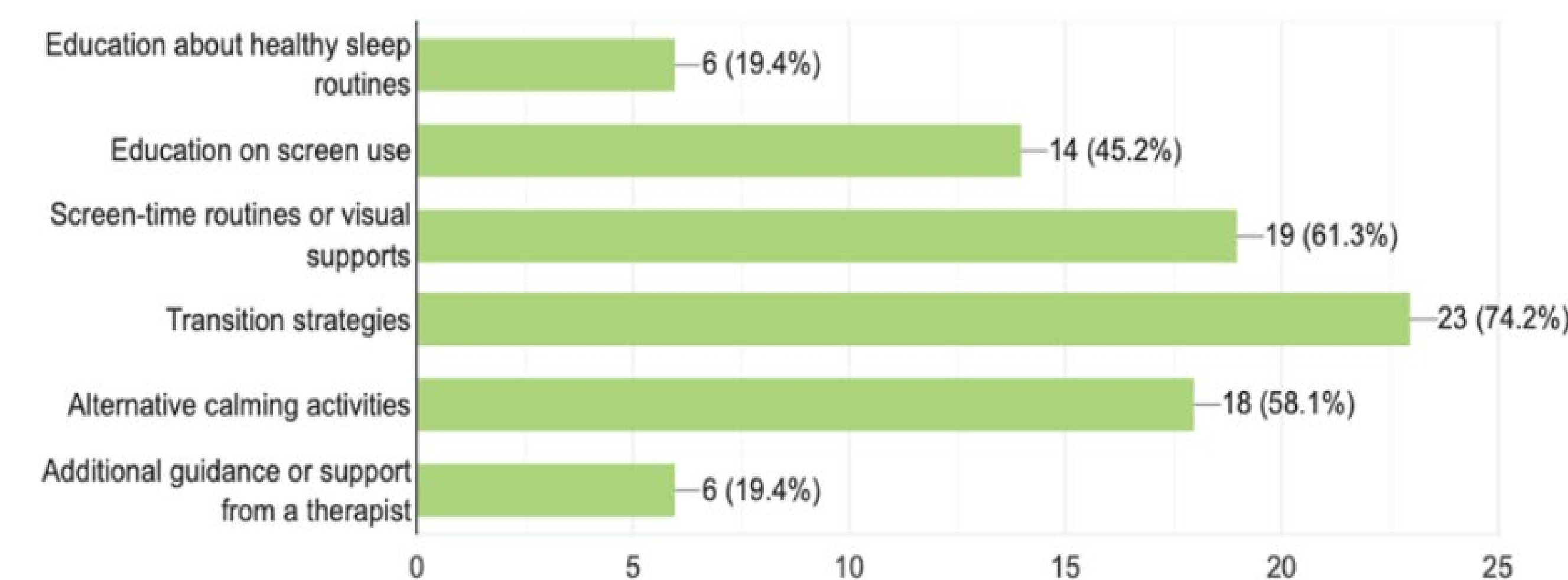
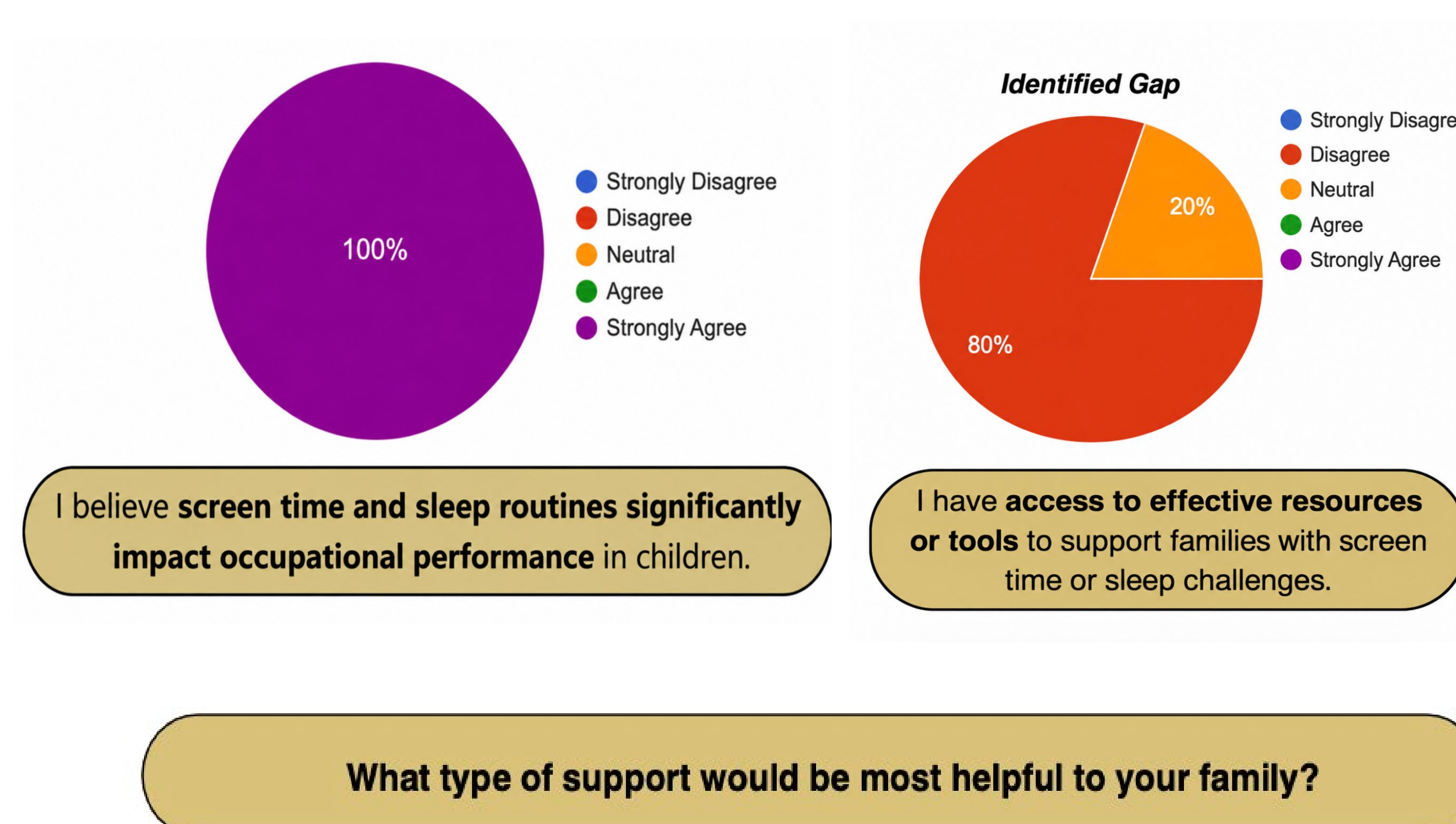


The screenshot shows the beginning of a survey titled 'Balancing Screens and Sleep: Caregiver Survey'. It includes a thank you message, a brief explanation of the survey's purpose, and a progress bar indicating 'Page 1 of 8'.

## FINDINGS

### Clinician Findings

- Clinicians believe screen use and sleep significantly impact occupational performance
- Many clinicians reported limited structured resources/tools
- Screen transitions and dysregulation were common concerns
- Therapists wanted practical, implementation-focused supports

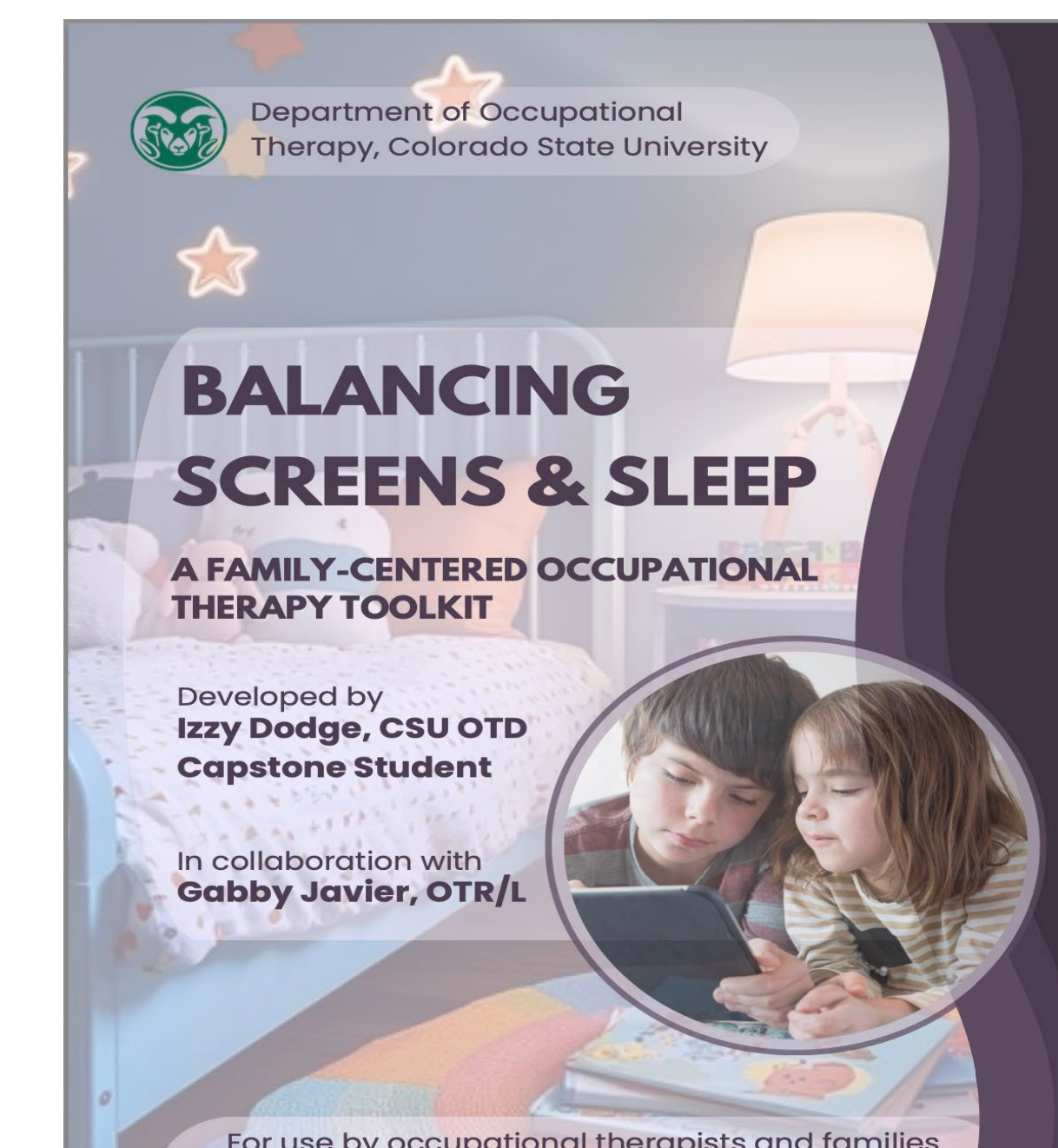


## OUTCOME EVALUATION METHODS

- Clinician and caregiver needs assessment surveys
- Informal clinician feedback discussions
- Post-feedback survey on initial toolkit draft
- Iterative revisions based on clinician input

## DISCUSSION & CONCLUSIONS

- What began as caregiver education expanded into practical therapist resources, including visual supports, implementation tools, evidence-based resources, and a sample OT goal bank
- This project translated clinician and caregiver feedback into practical tools to support routines, screen transitions, sleep participation, and family education within pediatric OT practice
- As technology continues to shape childhood routines and family life, occupational therapy has an important role in helping children and caregivers build sustainable habits, support regulation, and promote meaningful participation within everyday environments



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