Spending too much time on screens has been linked to not getting enough sleep, poor grades, and a greater risk for obesity.

Another problem with kids and too much screen time: As children get older and spend more time using screens, there is a measurable drop-off in the amount of educational activities

It is found that kids' exposure to educational media or an online math game, happens much less frequently as children get older, even as kids begin to increase their screen time.

One recent study found that parental monitoring of kids' media use led to improved sleep, decreased body mass index, and better grades.

Kids who completes their sleep, have better grades, and have lower body mass index, or BMI (a measure of body fat based on weight and height), and have less aggression,

Strategies to Limit and Monitor Kids' Screen Time

Set time limits--and stick to them. Whether it's one hour of TV after homework is done or no more than 30 minutes total of texting with friends, establish clear rules and limits for screen time. And as tempting as it may be to give in when kids beg, whine, and bargain for more time to chat with friends, watch a favourite show, or play one more video game, be as firm and consistent as possible.

Get screens out of your child's room. Don't allow your child to have a TV or any other tech screen device in her room. Not only has having a TV in a bedroom been linked to lower test scores, problems sleeping, and obesity in kids, it's a temptation. And remember that screens aren't just TVs anymore--don't allow your child to have iPads, smartphones, or any other devices in her room.

Know what your child is viewing. Research shows that viewing content with a child and actively discussing themes, thinking about what's viewed critically, and talking about the the effects and meaning of the viewed content is one of the best types of monitoring parents can do. Get into the habit of knowing what you're child is seeing and hearing when he is online, playing video games, or watching TV. And be sure to limit the amount of violent content your child is exposed to. According to Dr. Gentile, who is a leading expert on the effects of violent media content, research has shown that violent content can change kids' behaviour.

Remind yourself that's it's worth the arguments. Your child may be one unhappy camper when her screen time is limited and monitored, but remember that there will be many benefits for her in the long run.