

With DYNSEO's Coco educational app, your kid does a sports break every 15 minutes of screen time



San Francisco, California Dec 28, 2021 ([Issuewire.com](https://www.issuewire.com)) - DYNSEO is presenting a new feature on its educational app Coco: a sports break every 15 minutes of the screenplay.

Nowadays, screens are a big part of our daily lives. As a result, children today are born with this technology in their hands, but it is not without consequences.

Indeed, the negative effects of screens on the development of children is nowadays more and more highlighted.

Whether it is by slowing down the cognitive development of the child because of blue light or by sedentary life, the use of screens is an issue that needs to be addressed.

However, the proposed solutions do not all seem to be effective.

15 min screen: 15 minutes of sport!

DYNSEO does not believe in parental control but rather in the intelligent use of your screens for the good development of your children.

Numerous studies have hammered home to parents that children spend too much time in front of the screens, and they do so from a very young age. The company DYNSEO, conscious about its role in helping children with their education and in teaching them a good use of screens had developed a new feature for the Coco educational app available on iOs and Android tablets: Coco's Sports break!

After 15 minutes of playing, the app blocks and forces the children to do some physical exercises to stimulate motor functions all while having fun.

Dynseo developed and designed the Coco app for children ages 5 to 10, which also offers a break away from screens. The parents can also set it up as they wish and choose the exercises they want to show for each child. An alternative to parental control, because as we all know restricting the use of screens can often be seen as a source of conflict between the parents and children. Therefore, the child learns to better understand his screen time by having an educational and active approach to it.

It is also possible for the child to have direct access to sports exercises and not have to wait 15 minutes.

Justine Monsaingeon, founder of Dynseo explains: "The screen should not be demonized because it remains a great tool to discover a lot of things and to play for children. It should however be used in a better way so as not to harm the health of our little ones. As an actor in this sector for 8 years, our mission is to provide solutions so that the screen remains a fun and learning moment."

The expert's advice

Sara Bonotti, the psychomotor therapist, was involved in the development of this new feature to meet the needs of all children.

Games on the screen offer cognitive stimulation to children and can help them develop their orientation, memory, language ... Unfortunately, despite a lot of stimuli, the children remain passive, with little or no

movement. Taking an active break is therefore essential to allow them to evacuate, let off steam and even contributes to the physical development of the children.

The Coco's Sports break feature was designed to be adapted to a children's attention span, i.e., 15 min. The physical games proposed in the app allow the children to get to know their bodies, work on their strength, balance, muscle tone all while having fun.

They can also learn to recognize and mimic emotions: the child becomes an actor in the game.

With the sports break, the children go from passive and individualistic use of the screen to a dynamic moment that can be shared with parents or other children.

It also seemed important to us that these activities be realizable to all children, even with children with disabilities.

Screens: what we need to watch out for!

While the [WHO](#) (World Health Organization) recommends not to exceed 1 hour of screen use per day for 3-4-year-olds, several studies show that children spend an average of about 4 hours per day on screens. This situation has been greatly accelerated by the lockdowns, [going up to 7.70 hours per day](#), including homeschooling. 58.4% of 9–12-year-olds also have a screen.

Many health professionals point to the consequences of too long and unsupervised screen time on children: Early and Excessive Exposure to Screens syndrome.

The situation is alarming and the effects of overexposure to screens are undeniable. Indeed, let's remember that it is the screen time that is negative, not the screens themselves, which, on the contrary, can allow the child to learn while having fun, as long as they know how to use them.

The child exhibits symptoms related to mood, anxiety, cognition, behaviour, or social interactions, which can lead to disabilities at school, at home or with peers.

EEES can recur in the absence or presence of other psychiatric, neurological, behavioural, or learning disorders and mimic or exacerbate any mental disorder.

Typical signs mimic chronic stress and include irritable, depressed, or labile mood, excessive temper tantrums, disorganized behaviour, oppositional and defiant behaviour, social immaturity, poor eye contact, insomnia and non-restorative sleep, learning difficulties, and limited short-term memory.

It can have harmful effects on children's health: motor and cognitive delays, speech and attention disorders, restlessness, or aggression.

According to a study conducted by Ofcom entitled "[Children and parents: media use and attitudes report](#)", only 35% of parents said they actually used content filter via parental control software to using parental controls for blocking, filtering or monitoring their children's online activities.

Despite this, most children manage to bypass their parental control thanks to advice from older friends or tutorials available online.

About Coco: For 8 years now, Dynseo has been developing brain training programs for children, adults, and seniors: Coco, Scarlett and Clint.

Coco is an educational and physical application for tablets and smartphones that offers over 30 varied educational and physical games for children aged 5 to 10. With smart screen time in place, each child can work on their attention, memory, motor skills and even revise their mental arithmetic or English.

The application is certified as an "Educational app store" because DYNSEO is part of a scientific validation process, based on neuroscience studies and collaboration with healthcare professionals.

Here are some examples of sports games proposed in the app:

- Dance with Coco: follow Coco's movements and dance with him
- The spring: follow Coco and copy his movements (standing, sitting, squatting),
- 1, 2, 3 Statue: dance with Coco and when the music stops, be as still as possible,
- The acrobat: copy the positions Coco shows you,
- Mime an animal: mime the animals that appear on the screen,
- Mime an emotion: mime the emotions that Coco shows you.

Inclusive for all children

All the games have been designed and adapted with speech therapists, neuropsychologists, and occupational therapists.

The sports break with Coco was designed to be accessible to all children. The goal is to support every child with a disability, whether it is autism, DYS disorders or other disabilities, and not to put them in failure or leave them aside.

For the sports games part, it is possible to hide games that would seem too complicated and allow the child to flourish by reaching the goals set by the games and adapting to their own abilities.

CONTACT

Website: <https://www.dynseo.com/en/brain-games-apps/coco-educational-games/>

Download links:

- Apple: <https://apps.apple.com/us/app/coco-educational-games-2020/id1229718769>
- Android: <https://play.google.com/store/apps/details?id=com.dynseo.stimart.coco.fr&hl=en>

Justine Monsaingeon - CEO & Co-founder of DYNSEO

+33666240826

justine.monsaingeon@dynseo.com

coco@dynseo.com



Media Contact

DYNSEO

justine.monsaingeon@dynseo.com

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