

WHAT TO DO ABOUT SCREEN TIME

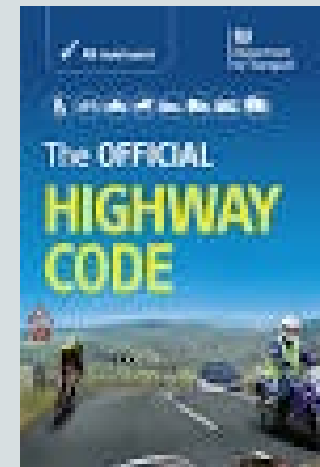
The Good, the Bad and the Ugly

What is Screen Time?



WHAT ISSUES MOST CONCERN
YOU?

WHAT'S THE PLAN?





WHAT TECHNOLOGY ARE YOUR CHILDREN MOST EXPOSED TO?

- Television
- Computers
- Tablet
- Electronic Toys
- Cell phones

SETTING LIMITS

1. You are what you love
2. Consider time and days
3. The younger the child the more affected
4. Easier to add than take away

CONSIDER EACH CHILD UNIQUELY

- Sensitivity to stimuli
- Energy level
- Habit formation

EFFECTS OF TECHNOLOGY

- Attention and Focus
- Socialization
- Time away from other activities

TECHNOLOGY AND EDUCATION

- Concrete experiences are ideal
- Technology is symbolic not concrete
- Educational tools can be valuable to reinforce at the symbolic level
- Educational tools which are slower paced and skill based are best

HIDING BEHIND THE SCREEN

- Texting
- Emailing
- Snapchat and Instagram
- Facebook

Kids between age 11 and 16 will do and say things they would not do and say in person.

CELL PHONES



- Good reasons for them
- What to watch out for
- Some things that families have found helpful
 - Time and space
 - Limit on use
 - Shared family phone

THE THING ABOUT THESE TIMES...



...IS THERE'S ALWAYS BEEN
THINGS ABOUT THESE TIMES.



IN CONCLUSION

- Consider your core values
- Have a proactive plan

Q&A