



Welcome to 'Harbucks' Virtual Coffee House

Children & Screens Discussion
May 1, 2020



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CHILDREN & SCREENS RECAP



- **Three ideas from the Experts:**
 - **Balancing Screen Use**
 - **Entertainment vs. Educational Tech**
 - **Screen Use During COVID-19**



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Balancing Screen Use: The Challenge

- Simple changes=big impact
- Parents are not superheroes
- Unprecedented times
- Parenting 101
- Screens/Parental Distraction



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Balancing Screen Use: The Suggestion

- **Create a Family Plan**
- **Keep it Simple**
- **Tech Free Times/Zones**
- **Assess your “Connection”**
- **Eye Contact**



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Balancing Screen Use: A Resource

- **Last thought:**
 - **Talk about Your Expectations**
 - **You are Human**
- **American Academy of Pediatrics:**
- **www.healthychildren.org/MediaUsePlan**



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Educational vs. Entertainment Tech

- **Think: Child, Content, Context**
- **How much screen time right now?**
- **Educational Apps**
 - **Commonsensemedia.org**
 - **PBS website**



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Screen Use During COVID-19

- **Loosening Expectations/Reduce Guilt**
 - Provide quality interactions
 - Balance entertainment tech
 - Frequent breaks
 - Try to follow guidelines
 - Be patient with yourself
 - Do one thing at a time





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**Children & Screens
Questions & Discussion**



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**THANK YOU
FOR JOINING US!**



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