



Welcome to 'Harbucks' Virtual Coffee House

Children & Screens Discussion
May 8, 2020



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CHILDREN & SCREENS RECAP



- **The expert's ideas about entertainment screen time:**
 - Live a balanced life
 - Teach your children to be resilient
 - The importance of daydreaming...



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Live a Balanced Life...

- **Talk to kids about your family's values**
- **Live your family values**
 - **Screen free times and zones**
 - **Spend time together**



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Manage Entertainment Screens Use

- **Anticipate changes**
 - **Basic functions**
 - **Bored: we reach for screens**
 - **Keep routines**
 - **Balance screen time**
- **Demonstrate healthy screen use**





Plan Ahead...

- **Talking about healthy screen use leads to fewer meltdowns in the moment**
 - **Rules**
 - **Reminders**
 - **Praise**



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Most Important Skill Now: Resilience

- **Teach Kids Resilience**
 - keeps us going when no end is in sight
 - Balance protection with freedom
 - Think: “immune system”
 - Fights stress



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Teach Resilience

- **How?**
 - **Talk frequently = planning ahead**
 - **Warm, positive regard**
 - **Be present and involved**
 - **Stay calm when they come to you**
 - **Check in**
 - **Allow struggle**
 - **Wait time, self-help**



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Protect Resilience

- **Recharging resilience:**
 - **Self-care**
 - **Mindfulness**
 - **Gratitude**
 - **Eat well/sleep well**
 - **Be socially connected**
 - **Find support in others**



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Resilience and Stress

- **Ways to reduce a child's stress:**
 - **Be reliable and predictable**
 - **Keep family connections stress free**
 - **Reduce expectations**
 - **Manage screen use**
 - **Talk about issues ahead of time**
 - **Help kids stay socially connected to friends**





Socializing Protects Resilience

- **Facetiming, Zooming...**
- **Permitting games and social media**
 - **Talk about the games**
 - **Talk about expectations for use of social media**



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Learning and the Brain

- **Learning→ Plasticity**
 - Sleep, eat, rest, breaks
- **Screens do not cause undernourished brains but too much entertainment screen time can block positive experiences that lead to brain development.**



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Brains and Stress

- **Stress is carried, not given away**
 - **Response insecurity: tired, stressed**
 - **Set up a schedule**
- **Live in your child's universe**
- **Make time for the “DMN”**
 - **“Default mode network”**
 - **Aka: daydreaming**
 - **When do you get your best ideas?**



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**Children & Screens
Questions & Discussion**



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**THANK YOU
FOR JOINING US!**



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