



# Welcome to 'Harbucks' Virtual Coffee House

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**UPDATE on Children & Screens**  
**February 5, 2021**



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# Pt 1: Parenting During COVID

- 4 styles of parenting:  
<https://www.verywellfamily.com/types-of-parenting-styles-1095045>
  - **Authoritative - best**
    - **Firm but warm, unconditional love, consistent limits**
  - **Authoritarian- timid kids**
  - **Permissive - inconsistent limits**
  - **Uninvolved - limits=love**
- **Parents can differ and we might mix styles**



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# Pt 1: Parenting During COVID

- There is an interaction between your parenting style and your child's temperament
  - “The Goodness of Fit Model”, Stella Chess, Ph.D.
  - This talks about how we know our child and prepare her for situations based on her temperament
  - The sleeping baby example...



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# Pt 1: Parenting During COVID

- **“The Goodness of Fit Model”, Stella Chess, Ph.D.**
  - **Helps us anticipate a child’s reaction to certain experiences and sets them up for success by partnering with the child**
  - **Facing things together**
  - **From pottyng to college→**  
**Authoritarian parenting**



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# Pt 1: Parenting During COVID

- **Back to Temperament:**
  - There is an interaction between your parenting style and your child's temperament
- **Temperament:** “A behavioral style which determines how a child reacts to situations and express/regulate their emotions”



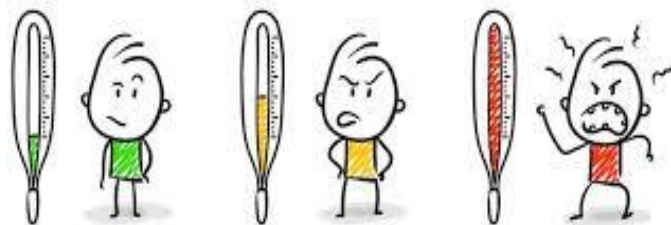
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# Pt 1: Parenting During COVID

- **Three Styles:**
  - Slow to warm
  - Warms up right away
  - Takes time to warm up
- **We can talk to each child differently based on the support she needs**



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# Pt 1: Parenting During COVID

- **Characteristics of Temperament:**
  - **Activity level**
  - **Distractibility**
  - **Adaptability**
  - **Quality of mood**
  - **Sensitivity**
- **These operate on a high/low spectrum**



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## Pt 2: CHILDREN & SCREENS K-8th



- **Children and Screens, Institute of Digital Media and Child Development**
  - **12 tips for managing screen time**
- Expert panel: parenting, education and child psychology**



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# 12 Tips for Managing K-8 Screen Time

- **TIP: based on temperament, not all strategies will work equally for all kids...**



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# 12 Tips for Managing K-8 Screen Time

- Find the silver lining→ leads to resilience
- Create screen-free zones
- Pick and choose
- Prioritize and organize



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# 12 Tips for Managing K-8 Screen Time

- Ask, “How can I help”?
- Walk it out
- Mix it up
- Listen with your eyes



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# 12 Tips for Managing K-8 Screen Time

- Make distance social
- Do your best
- It's okay to be bored
- Let's get physical



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# 12 Tips for Managing K-8 Screen Time

- The experts are saying:
  - Find balance
  - Protect resilience
  - Make time for family

Next...



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# Pt 3: CHILDREN AND SCREENS TEENS

- **Experts:**
  - Initial data: screen time is up
  - Children this age still need guidance
  - Emotional, physical cognitive health



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# Pt 3: CHILDREN AND SCREENS TEENS

- **Experts: best advice for raising adolescents during the global pandemic?**
  - **Establish boundaries and schedules**
  - **Watch for/talk about bad habits and addictions**
  - **Encourage a healthy relationship with screens, be supportive**



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# 12 Tips for Managing Teen Screen Time

- What are they doing online?
- Active media supervision
- Turn off the news
- Routines for teens



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# 12 Tips for Managing Teen Screen Time

- Focus on family time/hobbies/interests
- Take a break
- Keep screen time and bedtime separate
- Remind your child that this is temporary



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# 12 Tips for Managing Teen Screen Time

- **Hit the reset button - too much media?**  
**Ask why: are they lonely, depressed...**
- **Appreciate the little things/find beauty**
- **Ask for help**
- **Danger and opportunity**



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# Everyone is saying: 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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## Children and Screens Website:

**K-8:**

**<https://www.childrenandscreens.com/media/press-releases/12-tips-from-the-experts-for-managing-screen-time-for-kids-k-8-during-the-pandemic/>**

**Teens:**

**<https://www.childrenandscreens.com/media/press-releases/12-tips-from-the-experts-for-parenting-teens-on-screens-during-covid-19/>**



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**Children & Screens  
Questions & Discussion**



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# **‘Harbucks’ Virtual Coffee House**

**THANK YOU  
FOR JOINING US!**



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