

RECOMMENDATIONS ON TECH USE FOR FAMILIES!

SCREEN TIME: HOW MUCH IS TOO MUCH?

as we continue to move further into our school year, a common question centers around screen time during remote learning. we are reaching out WITH INFORMATION AND RECOMMENDATIONS TO SUPPORT FAMILIES AS WE CONTINUE TO STRENGTHEN OUR APPROACH TO REMOTE LEARNING AND NAVIGATING THROUGH A PANDEMIC. BELOW ARE SOME 'TIPS FOR SUCCESS', along with a link to a checklist on planning for remote learning.

TIPS FOR SUCCESS WITH MANAGING SCREEN TIME

*** ESTABLISH A SCHEDULE (ROUTINE).** Structure and routine can greatly help students to know both their class schedules and also when they have availability to have (free) screen time.

*** REGULAR FAMILY TIME 'OFF-LINE'.** When possible, have family time that doesn't include a screen or technology. Walking outside (with a mask!) can be a great way to get out of your home, get fresh air, and connect.

*** MONITOR SLEEP PATTERNS.** Try to maintain routine with sleeping habits. A great support for this includes having children disconnect from screens an hour ahead of when they try to go to sleep.

*** POSITIVE SCREEN TIME.** Using Zoom, Facetime, etc., to connect with family and friends. While maybe not as ideal as seeing them in-person, this is a positive way to have social time with friends and family.
