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Navigating the Challenges of Screens & Technology

Arra Katona & Jill Jorgensen

Photo by John Schnobrich on Unsplash

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Why?

Media Guidelines
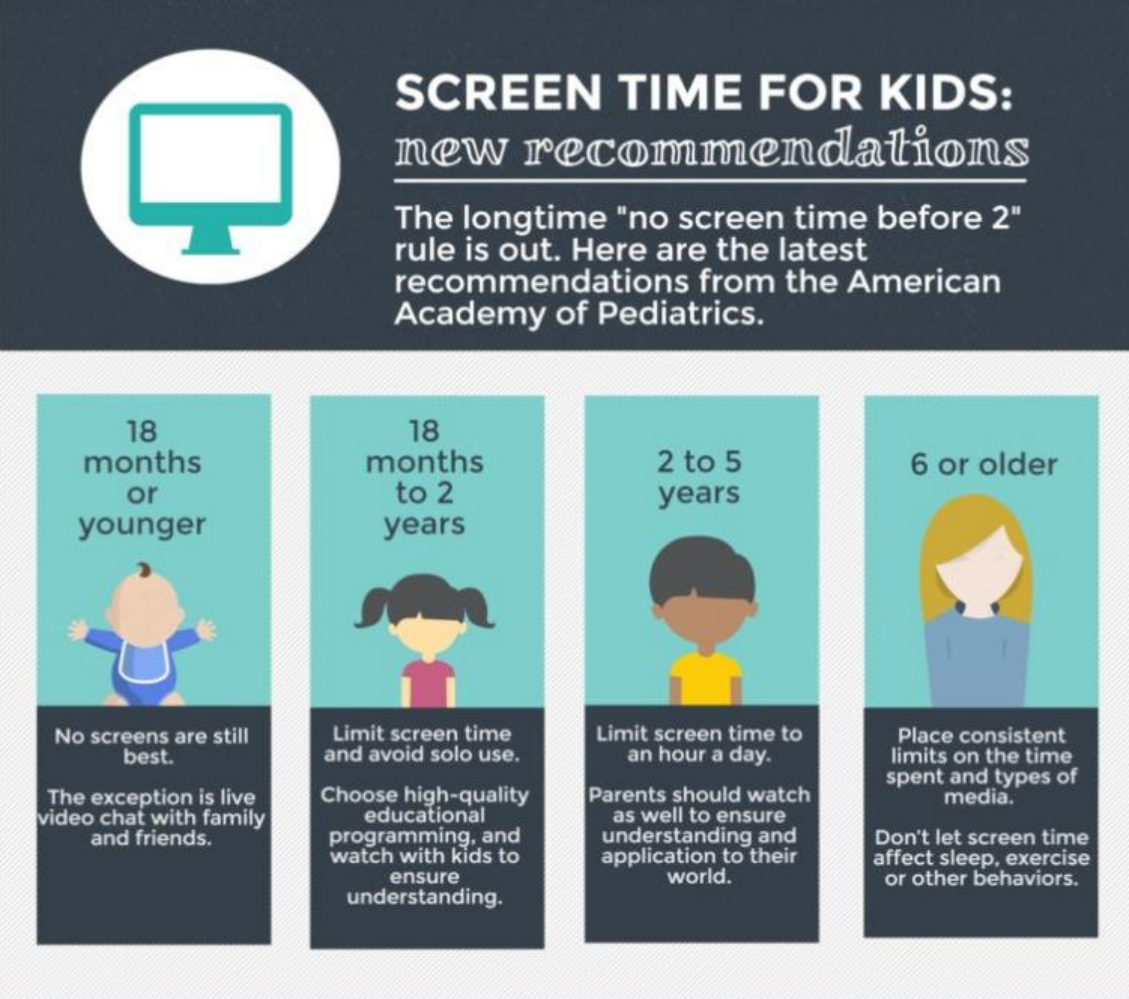# For All Ages

Photo by Ash Edmonds on Unsplash

The Data

Current screen time use: kids ages 8-18 now spend **7.5 hours** in front of a screen for entertainment each day, 4.5 of which are spent watching TV.

AHA (American Heart Association) **Recommendations:**

- **Infants – 24 months** (2 years NONE except for video chats)

- **2 to 5 years** - Recommended limit is one hour per day.

- **6- 18 years** Maximum of just two hours per day

SCREEN TIME FOR KIDS:
new recommendations

The longtime "no screen time before 2" rule is out. Here are the latest recommendations from the American Academy of Pediatrics.

18 months or younger	18 months to 2 years	2 to 5 years	6 or older
No screens are still best. The exception is live video chat with family and friends.	Limit screen time and avoid solo use. Choose high-quality educational programming, and watch with kids to ensure understanding.	Limit screen time to an hour a day. Parents should watch as well to ensure understanding and application to their world.	Place consistent limits on the time spent and types of media. Don't let screen time affect sleep, exercise or other behaviors.

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How to set limits on Screen Time

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Babies to Preschool

Babies under 2 years - no screen time unless is interactive video chatting
Kids ages 2-5 years - no more than 1 hour per day

WHY? In the first three years of life, 80% of a child's brain development occurs.

HOW? To set limits – or do this instead:

- Play
- Share a Common Focus
- Use technology in an interactive way
- Designate tech-free outings
- Create regular tech-free times at home
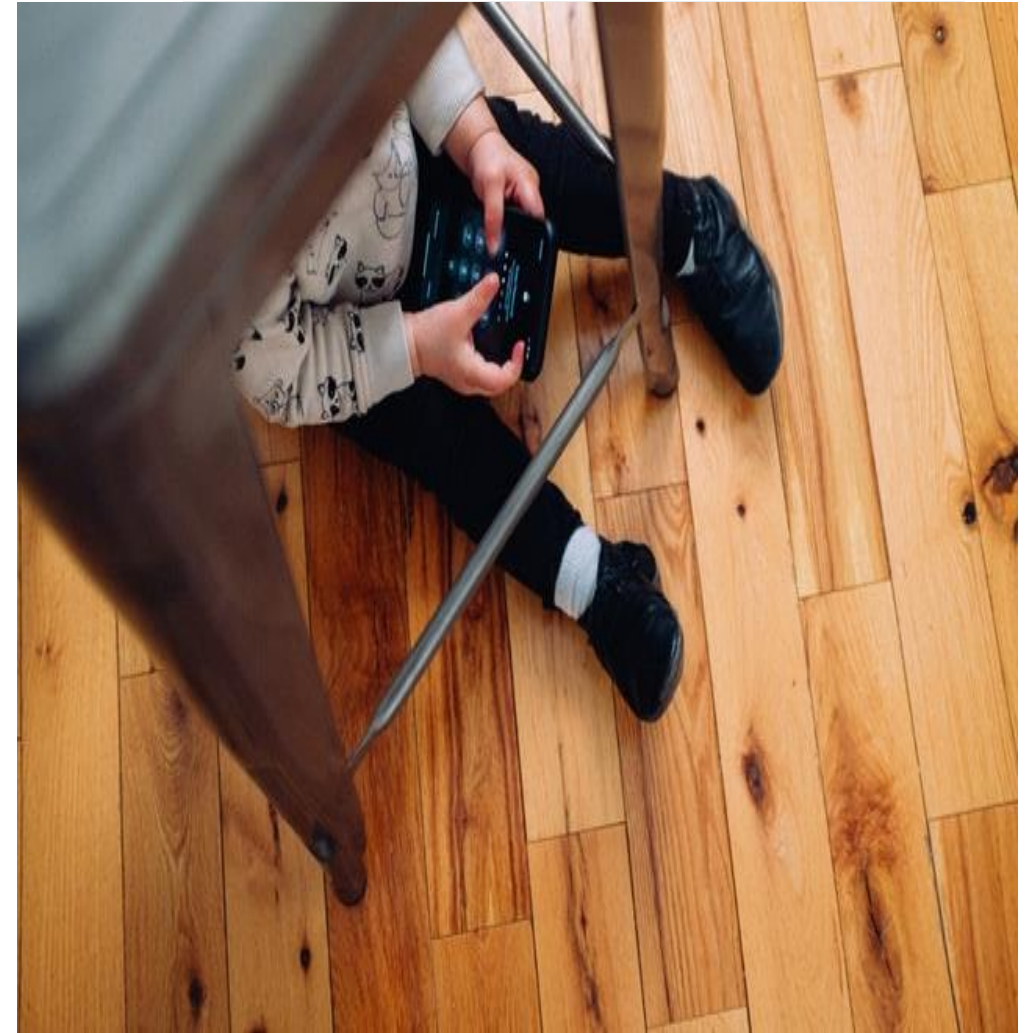- Set a good example

Photo by charlesdeluvio on Unsplash

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Elementary

Strategies:

- Introduce a simple Family Media Use Plan
- Modeling
- Use a Timer

Alternatives to Screens:

- Read Together.
- Encourage Outdoor Play.
- Cook Together.
- Have a Family Game Night.
- Turn up the Music for a Dance Party.
- Do Some Arts and Crafts

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Middle and High School

Family media plan

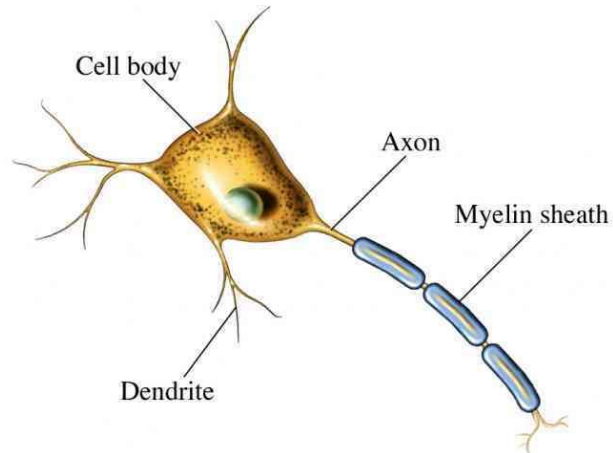**Clear and consistent guidelines**

Lock it up.
- Have time limits
- Keep computers in public areas
- Lock down your internet (router)
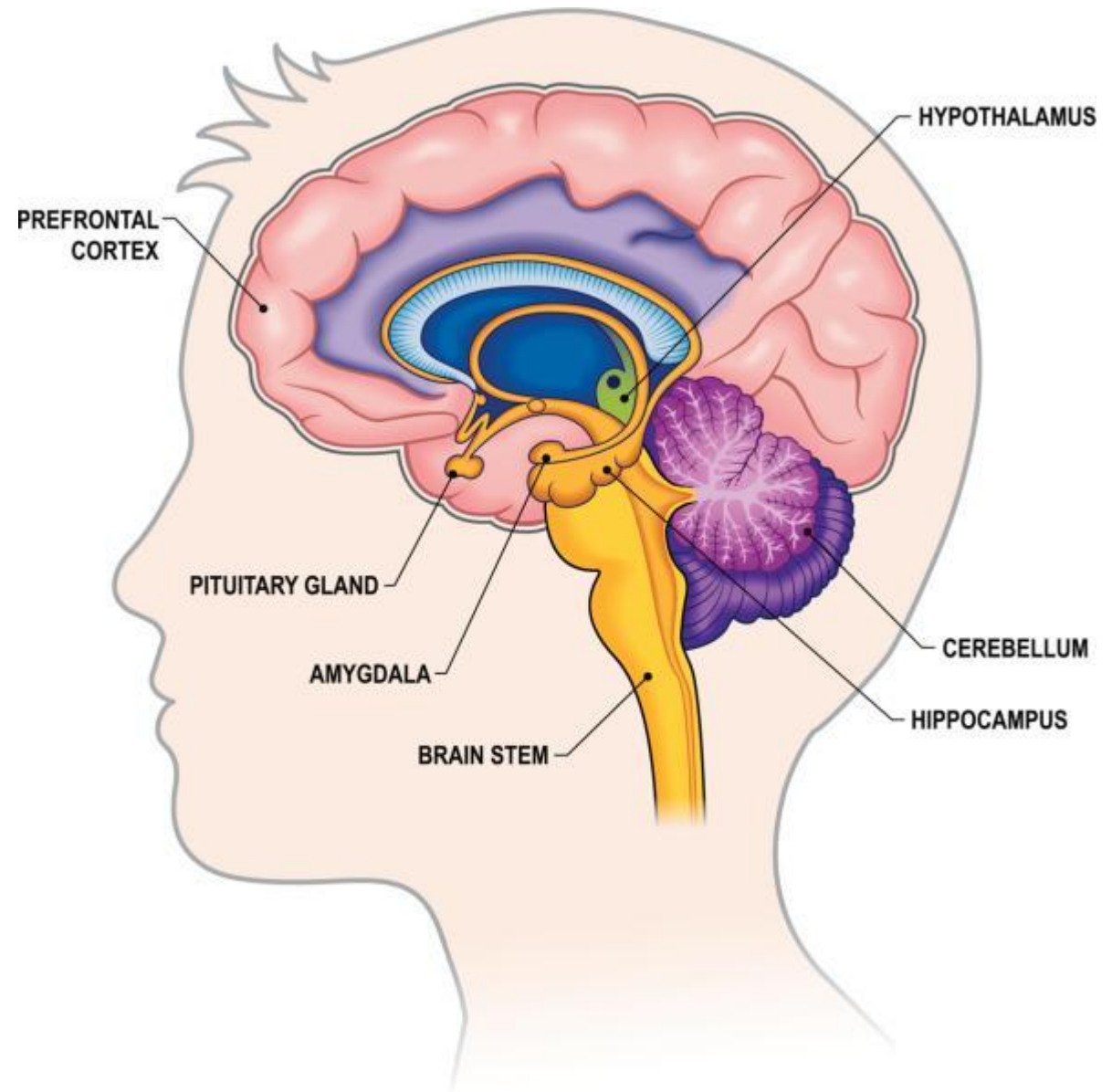- Be aware of their friends and parental controls

Adolescent Brain Development

- Teens - 9-25
- Myelin Sheaths forming
- Prefrontal cortex doesn't develop till mid 20s

HYPOTHALAMUS
PREFRONTAL CORTEX
PITUITARY GLAND
AMYGDALA
BRAIN STEM
CEREBELLUM
HIPPOCAMPUS

Cell body
Axon
Myelin sheath
Dendrite

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Pandemic!

- Unique experience

- 7 hours a day

- More screen time = poorer mental health and greater perceived stress

- less screen time = more social supports and better coping behaviors reported.

- Weight gain

- Studies have suggested that screen use may remain persistently elevated.

Image from Amazon.com

Healthy Limits on Video Games

Cyberbullying

- What is cyberbullying
- How to prevent
- Signs
- What to do if you suspect / know

Photo by Morgan Basham on Unsplash

Pornography

Prevention

- Stay involved
- Parental controls.
- Know who your kids are hanging out with.
- Keep computers and devices in public areas.
- Build trust
- Communication is key.

What to do after

- Communication is key.
- Don't shame or blame
- Don't ignore the problem

Photo by Geran de Klerk on Unsplash

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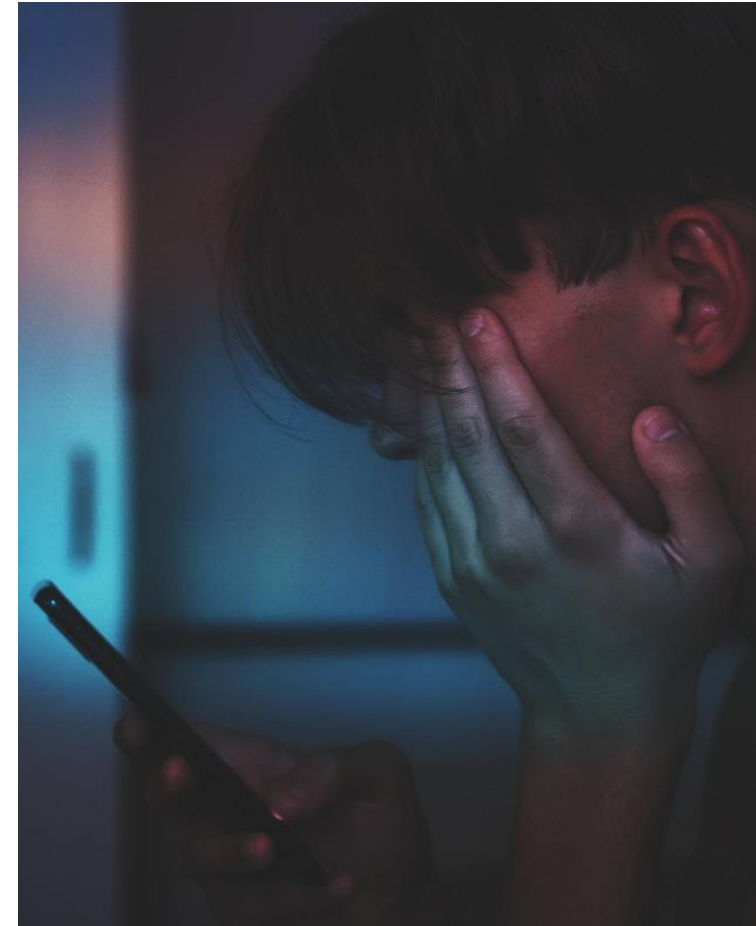PUBLIC LIBRARY

Mental Health and Technology / Social Media

Photo by Adrian Swancar Unsplash

Sleep!

- Teenagers in the US are now getting the LEAST amount of sleep than they ever have!
- Teens and tweens need about 9 to 10 hours a night
- Average American teens' sleep 6.5 hours a night.
- Vital for Brain Development

https://jeffcolibrary.bibliocommons.com/v2/record/S132C2631024
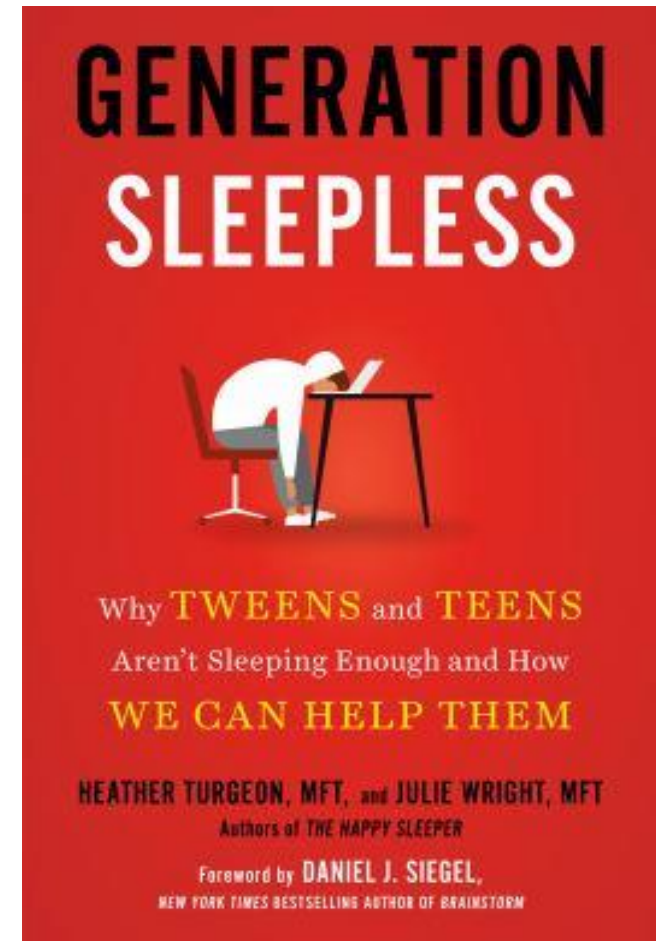
What else can you do?

Photo by Kevin Ku on Unsplash

Family Media Plan

- Work together with your kids using this [tool](#) to help you think about media & create goals & rules that are in line with your family's values.

- Listen with empathy and be on their team – collaborate to find a good solution

- Designating certain areas as "screen free zones"

- Creating screen-free times

- Instituting device curfews (all screens off by 8:30, for example)

https://www.healthychildren.org/English/media/Pages/default.aspx

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Tips for managing screen time

- Limit screen time to no more than 2 hours per day
- Remove electronics as much as you can from your child's bedroom
- Create charging zones outside of bedrooms
- Pause devices from your Internet Service Provider at a certain time
- Encourage other types of fun
- Learn other activities that do not involve screens
- Turn off all screens during family meals and outings
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.
- Learn about and use parental controls.

Parental Controls

- Network

- Routers

- ISPs allow you to pause devices – I do this on Xfinity

- Apps

  - Securly

  - Google's Family Link

  - Apple Screen Time

  - Amazon's FreeTime

  - Disney Circle tracking device

  - Verizon Smart Family

  - 3rd party apps Net Nanny, Qustodio & Bark

  - Devices like Torch & unGlue

Photo by FLY:D on Unsplash

Library Resources

Library spaces with books!

Events and Programs

Books

Healthy screen time options
- LeapPads
- Readalongs
- Audio books
- Online resources
  - Mango Languages
  - Learning Express Library
  - Creative Bug

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It takes a village…

What have you found
that works?

Photo by Jack Ward on Unsplash

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Questions?

Thanks for joining us!!

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