

SCREENTIME

**"MODERATE IN ORDER TO TASTE THE JOYS OF LIFE IN ABUNDANCE"
-EPICURUS**

Many youth interact with peers online. This is one way they feel socially connected. They have conversations, make each other laugh, and share news and updates on their lives. In this way, they see and are seen in much the same way that previous generations socialized at football games and shopping malls.



MIDDLE & HIGH SCHOOLERS

- Make decisions *together* about when it is time for your child to have their own tablet or cell phone.
- Find ways to say "yes." Look for movies they can watch. Find games you're OK with.
- If your teen asks to see something you don't approve of, help them find alternatives.

- Model the same behavior you want your children to engage in with technology and media (e.g., put cell phones aside at the meal times).
- Use screen time as an opportunity to practice empathy. Talk about how the characters in TV shows or movies are feeling and how those feelings impact their actions and decisions.

6-11 YEAR OLDS



- When you allow your child to use or watch a screen, do it together!
- Point to objects that interest them: "Yes, that's a duck. What does the duck say?"
- Describe new things in relation to something that interested them the day before or most recently. "Remember when you went to the park with Grandma? Did you feed the ducks?"



3-5 YEAR OLDS

- The most powerful thing adults can do for children's speech development is talk and read frequently to them.
- Screens are not a substitute for person-to-person interaction, but they can keep you connected with relatives who live far away (when used on a limited basis)!

0-2 YEAR OLDS



All ages

TALK TO YOUR KIDS ABOUT...



- Online citizenship and safety, including treating others with respect online and offline.
- What they like to watch, what they're watching, and where they found the videos in the first place.
- What their friends are doing online, what they like to do online, and what you like to do online.

SCREENTIME

INFORMATION ADAPTED FROM:

0-2 Years

- Common Sense Media: Media Tips for Babies and Toddlers
- American Academy of Pediatrics, October 2016 "New Recommendations for Children's Media Use"

3-5 Years

- Zero to Three: Screen-Time Recommendations for Children Under Six
- Harvard School of Public Health:
https://cdn1.sph.harvard.edu/wp-content/uploads/sites/84/2012/11/take_control_of_tv1.pdf

6-11 Years

- kidshealth.org/en/parents/screentime-bigkids.html
- New York Times: Screen Addiction Is Taking a Toll on Children
- Common Sense Media: How to Set Screen Rules That Stick
- Family Media Use Plan www.HealthyChildren.org/MediaUsePlan
- Common Sense Media 2016 Technology Addiction Research Executive Summary
- Common Sense Media: A Parent's Ultimate Guide to YouTube
- Common Sense Media: How do I create a playlist on YouTube?

Middle and High School Years

- Common Sense Media: How to Set Screen Rules That Stick
- Harvard.edu - Outsmarting the Smart Screens: A Parent's Guide to the Tools that are Here to Help
- New York Times: How to Cut Children's Screen Time? Say No to Yourself First.
- C-Span: Arguments Deleting Social Media Accounts Jaron Lanier
- Common Sense Media: Family Media Contracts1.pdf
- Common Sense Media: Student Games and Interactives
- Mindful.org: The Amazing, Tumultuous, Wild, Wonderful, Teenage Brain

Note: If a resource was used for more than one age group, it is listed under the age group used first.

NEXT STEPS

Classes for adolescents:

Keep Connected: Helping families develop strategies for building and maintaining connections and relationships through the critical transition of the pre-teen and teen years. Youth and parents attend.

Active Parenting of Your Teen: 6 weekly sessions for parents of youth 10-17. Sessions focus on what teens need to be successful, gaining cooperation and effective communication with our teens, and instilling responsibility and discipline during the adolescent years. *Offered in both Spanish & English



**FAMILY
RESOURCE
CENTER**
of Central Oregon

Call us today to sign up for a class to learn more about screentime and connection with your teen!

FRCONLINE.ORG - (541) 389-5468