Some common questions:

Q1 Won't my child fall behind if he isn't exposed to digital media early on?

- Young children always learn best from face-to-face interactions with caring adults.

- For every hour spent viewing, infants understood between six and eight fewer words than infants with lesser exposure.

- Higher order thinking and executive functions are best taught through unstructured and social (not digital) play, as well as responsive parent–child interactions.

Q2 Is it OK to use screens to calm/distract my child?

- May work for a short period of time but in the long run, child loses the ability to self-soothe.

- It revs children up, emotionally deregulates them (more likely to tantrum), and makes them less capable of self-entertaining and sustaining focus.

Q3 : My child gets upset when I take away screen times. What should I do?

- Setting shared family limits at an early age can help.

- Remember the different <u>forms of attachment</u>, and "collect" the child first: fill up the child's need for YOU, and think of short-term pain and long-term benefits for the child, and for your relationship.

- 3-Step Dance of Adaptation (Neufeld):

  1. Present the Futility (Disappointment, frustration, tears)
  2. Hold in the Emotion
  3. Draw out (more) `Sadness'

Self Evaluation:

○ Assess your own screen time usage.

○ Be a good role model of healthy living: choose healthy alternatives, e.g., reading, hands on activity or outdoor activity.

○ Consider turning off your device or tucking it away when you are home.

---

www.pife.ca

Some Questions in Raising Healthy Digital Families:

1. When is the best age to start using personal technology?

2. What is the longest amount of time a toddler ought to be allowed to use a smart device daily?

3. Some parents think that a child is ready to have his/her own personal device when they can maintain consistent order in the state of their bedrooms. What do you think?

4. How do we guide our children's use of technology so that they are being enriched, rather than being addicted?

5. What are some ways your family has exerted limits and appropriate use depending on age? Does your family have guidelines for screen time?

6. What are the screens available at home?

7. Does the daycare/school provide screen time?

8. Do you encourage conversation during screen time?

Further reading:

1. The Big Disconnect: Protecting Childhood relationship in the Digital Age. *by Catherine Steiner-Adair and Teresa H. Barker*

2. Parenting in the Digital World: A Step-by-Step Guide to Internet Safety *by Clayton Cranford*

3. How to Entertain, Distract, and unplug Your Kids: Tricks, Tools, and Spontaneous Screen-Free Activities *by Matthew Jervis*

4. Growing Up Social: Raising Relational Kids in a Screen-Driven World *by Gary D Chapman and Arlene Pellicane*

5. iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming and Growing up *by Janell Burley Hofmann*

6. Plugged-In Parenting: How to Raise Media-Savvy Kids with Love, Not War *by Bob Waliszewski*

7. Lol…OMG!: What Every Student Needs to Know About Online Reputation Management, Digital Citizenship and Cyberbullying *by Matt Investor*

Visit our website for interesting articles, book suggestions and more!