

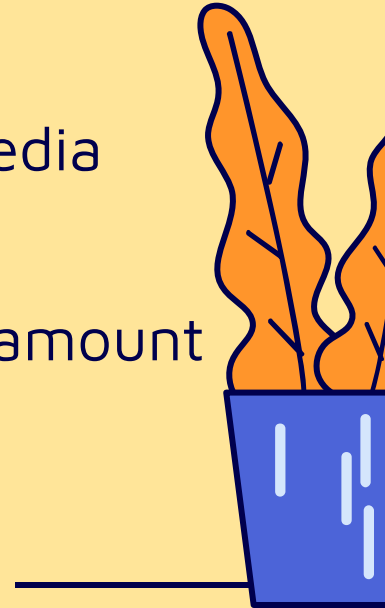


Screen time and children

September 2023

Objectives

- Participants will understand how much screen time is too much.
- Participants will describe how screen time changes the brain.
- Participants will describe the dangers of social media and an online presence.
- Participants will understand how reading a short amount of time in place of technology will reap benefits.



Screen Time - Let's Define It



Time spent using a device such as a computer, phone, tablet (any mobile device), television, or games console.



How much time do your children spend on a screen?



Excessive Screen Time Alters Preschoolers' Brains

- Excessive screen time during preschool years changes the structure of the brain that supports language and literacy skills. (Study conducted by the Cincinnati Children's Hospital Medical Center)
- Anxiety and mood disorders have greatly increased.
- Children spend an average of 10.5 hours a day on a screen.



Negative Effects of Screen time for Children

- Decreased fine motor skills
- Decreased large motor skills
- Speech and language delays
- Attention deficits
- Obesity
- ✦ Screen addiction
- ✦ Learning disorders
- ✦ Behavior disorders
- ✦ Sleep disorders

Children spend an average of 10.5 hours a day on a screen.



SCREEN TIME FOR KIDS



CONCERNS REGARDING TOO MUCH OR POOR QUALITY SCREEN TIME FOR KIDS

BRAIN DEVELOPMENT

IRREGULAR SLEEP SCHEDULES

CHILDHOOD OBESITY

DEPRESSION & BEHAVIORAL PROBLEMS

ATTENTION SPAN

SOCIAL SKILLS & RELATIONSHIP DEVELOPMENT

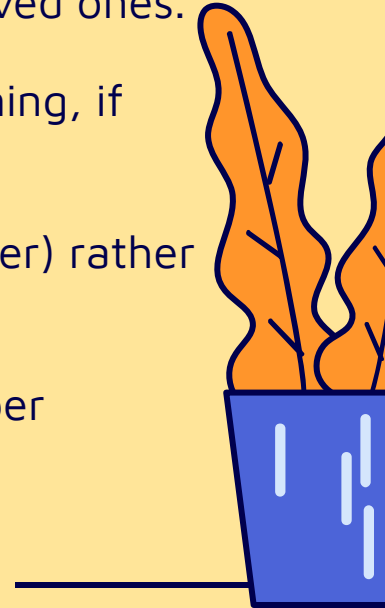
BRAIN DEVELOPMENT

POOR COPING SKILLS FOR STRUGGLES & STRESS

How much screen time is recommended for children under 5?

The American Academy of Pediatrics makes the following screen time recommendations for toddlers:

- Under 18 months: No screen time except for video chatting with loved ones.
- 18–24 months: A small amount, at most, of high-quality programming, if you choose. With a parent or adult.
- 3–6 years: A maximum of 1 hour per day. “Co-view” (watch together) rather than have young children (of any age) use screens while alone.
- 7–11 years: No more than two hours per weekday and four hours per Saturday or Sunday



More impact

- ✦ Children using too much...
 - are more impulsive
 - do not engage with others appropriately
 - can not calm themselves down
 - Brains do not grow and develop as well
- ✦ Parents should always monitor their child's use and if under the age of 5 - use it together.



Benefits of Using Technology

- ✦ Develops hand-eye coordination
- ✦ Allows children to visit places around the world
- ✦ Motivating
- ✦ Develops problem solving skills and perseverance
- ✦ Enhances learning when used with the teacher
- ✦ Educational television shows - NOT ALL ARE CREATED EQUAL




AMERICAN ACADEMY OF PEDIATRICS RECOMMENDED SCREEN TIME PER DAY


**WHAT CAN YOU
DO TO HELP?**




SET FAMILY MEDIA-FREE
TIME LIKE MEALS &
MEDIA-FREE ZONES LIKE
BEDROOMS



DON'T LET SCREEN TIME
TAKE THE PLACE OF
READING, PLAYING, OR
PROBLEM SOLVING



DISCOURAGE USE OF
SCREENS 30-45
MINUTES BEFORE
BEDTIME



ENSURE THE QUALITY OF
SCREEN TIME THROUGH
SUPERVISION AND
PARENTAL CONTROLS

DON'T FORGET, YOUR KIDS ARE WATCHING AND LEARNING FROM YOUR SCREEN TIME USE!




What can parents do?

- ✦ Do not use technology as a babysitter
- ✦ Limit the amount of technology your child uses
- ✦ Sit with your child while on technology to answer questions, point out things, have a conversation
- ✦ During meal or snack time, TV, video or DVD viewing should not be allowed.
- ✦ Monitor the apps your child uses.
- ✦ Have your child's log-ins and passwords.
- ✦ Add reading into your daily routine instead.



Reading in Place of Some Technology

WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
		
❖ Scores in the 90 th percentile on standardized tests.	❖ Scores in the 50 th percentile on standardized tests.	❖ Scores in the 10 th percentile on standardized tests.

If they start reading for 20 minutes per night in Kindergarten, by the end of 6th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 schooldays, and Student C will have read for 3.

(Klug and Herman, 1987.)

WANT TO BE A BETTER READER? SIMPLY READ.



Positive Effects of Reading for Children

- Improved cognitive development
- Increased concentration and memory
- Improved imagination and creativity
- Improved language success
- Cultivating a lifelong love of reading
- Improved vocabulary and writing skills
- Children gain a greater understanding of the world
- Students perform better academically

Just 20 minutes a day can change everything!



How can I make reading more meaningful?

- Have your child read **different types of print**. This could include magazines, graphic novels or comics, picture books, chapter books, fiction and nonfiction.
- Have your child read a book that has been made into a movie. Read the book first and then watch the movie. Discuss or write about the similarities and differences.
- Have your child **change the ending** of a story, show, or movie that they enjoy.
- Have your child **make their own** comic or book.



How can I have meaningful discussions about reading?

Ask your child broader questions that cannot be answered with one word, or a yes or no such as...

Which character in this book is the most like you and why?

Do you like how the story ended? Why, or what would you change?

Why do you think the author wrote this book?

Tell me about how [insert character] changed from the beginning of the story to the end.

What do you think the main idea of this book was?



Let's talk adolescents (12-17 years old)...

- Adolescence is a period of great change.
- Develop more independent and taking steps towards adulthood.
- Develop their own sense of morality, as they try to find their own identity and experiment in their relationships with others. physically resemble adults
- Questionable impulse control: their brains will not be fully developed until they are 20 or 25 years old, especially their frontal lobe – the part that allows them to control their impulses.

Let's talk adolescents (12-17 years old)...

“Teens are also using networked devices to cultivate their personal identity and carve out personal space: over 60 percent of teens in grades 9-11 have pretended to be older to register on adult websites, and over 50 percent have pretended to be someone else to protect their privacy online.”

<https://mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17>



Let's talk adolescents (12-17 years old)...

“One of the biggest emotional challenges of the teen years is developing autonomy. This includes starting to tap friends and mentors outside the family for day-to-day support, perspectives and ideas. The Internet also becomes an important source of information, with teens much more likely than younger kids to go online to look for info on sensitive topics such as mental and physical health, sexuality, and relationship problems.”

<https://mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17>

Let's talk adolescents (12-17 years old)...

- Sensitive to what they see and want to fit in
- Download videos, apps, watch videos, research
- Rely heavily on texting and social networking to communicate
- Will sleep with their phone and text in the middle of the night if you let them
- Often think they know how to protect themselves online
- Play video games for hours (boys more than girls)
- Often share passwords and log-ins with friends and boyfriends/girlfriends

Let's talk adolescents (12-17 years old)...

- are more likely to break the rules and visit sites with scenes of violence, gambling or pornography
- are much more likely than younger kids to behave meanly or cruelly – and be mean and cruel to others – online.
- report being troubled if they are targets of cyberbullying
- are interested in sex and romantic relationships which can push them towards risky behaviour, like making romantic friends online – and accepting invitations to meet these online friends in person – or sending their girlfriend or boyfriend sexually explicit text messages or photos of themselves (sexting)
- are much more likely than younger kids to encounter sexist or racist content online.

Safety Tips for Your Teens

- Bedrooms should be “tech free” zones
- Keep online activities – whether on phones, laptops, tablets or family computers – in common family areas AND MONITOR
- Be aware of how much information your teen is revealing, and to whom, on their social networking pages.
- Check their privacy settings
- Know what websites your teen is using
- Know what apps your child has downloaded
- Monitor your child’s social media
- Share and model your families values with regards to technology

Safety Tips for Your Teens

- Discuss rights and responsibilities - we all have a right to privacy and to not be harassed online, as well as a responsibility to take care with what we post and share with others.
- Let your teen know that you are there for them if things go wrong and that you will work with them to find a solution. If something does happen, don't over-react.
- Be sure to have your child's log-ins and passwords and monitor their social media.
- Know who your child is playing video games with.

Questions?

The Fred Rogers Center

<http://www.fredrogerscenter.org/wp-content/uploads/2017/07/Technology-and-Interactive-Media-for-Young-Children.pdf>

NAEYC (*National Association of the Education of the Young Child*)

https://www.naeyc.org/sites/default/files/globally-shared/downloads/PDFs/resources/topics/PS_technology_WEB.pdf

“Screen time in the meantime: A parenting guide to get kids and teens internet safe.” 2019 Dr. Tracy Bennet.