

DIGITAL MEDIA AND KIDS

Mnemonic for Areas Which Need Attention in Developing a Sound Plan for Keeping Kids from Difficulty in the Internet and Media Age.

- Consider the age of your child.
- Consider your assessment of your child's place in age and stage development.
- Rules work best when started early.
- Observe effect of any limits or loosening of limits
- Consider that these suggestions are just that.
- Consider that parent who work for tech companies have even stricter rules re: internet/screen use for their children

P = PHONE:

Your relationship with your phone will determine your kids relate to this device. If it interferes with your time with your kids, you can expect them to reciprocate.

A = ACCESS and ASSESS:

Access is a privilege.

Amount of ACCESS is age determinant and based on ASSESSING how any plan of access is affecting behavior and functioning.

R = ROUTINE:

Having a schedule that includes at minimum media free meals, chores, homework, physical activity, and some extra school social activity and sleep hygiene (which means a room with media is not available from an hour before sleep or more, until after waking up and getting out of bed.)

E = EDUCATION VS ENTERTAINMENT:

There needs to be a distinction between school work done on computers/tablets and the use of social media and video gaming. The internet is valuable for research but limitations on screen time at night needs to remain to preserve sleep.

N = THE NO'S:

- No sexting!
- No bullying or being mean!
- No private information given to anyone you meet on the net!
- No unsupervised contact with anyone you meet on the net!

T = TRUST BUT VERIFY:

While you cannot outwit a wily kid you should have access to their devices and they should know that you will be checking on things.

KEEP ASSESSING FOR BEHAVIORAL CHANGES, POOR GRADES, SLEEP ISSUES, DEPRESSION, IRRITABILITY ETC. IN RELATION TO SCREEN TIME.

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