

**PARENTING  
& TECHNOLOGY**

# HOLIDAYS PICS

BEFORE SMARTPHONES



AFTER SMARTPHONES



step 1







# Then and Now...

DAD, CAN YOU HELP ME?  
MY NEW TOY CAR NEEDS  
BATTERIES...



SON, CAN YOU HELP ME?  
MY NEW TABLET WON'T SYNC  
WITH MY LAPTOP...





# 10 YEARS AGO



# NOW





1990



2008









# Technology Today

Television

Computers

Laptops

Ipods

Ipads

Cell Phones

Video Games

Radio

Smart Watches

Roomba

Alexa

Baby monitors



**It's hard work**

**It's non-stop**

**It's straight-up tough**



Pursue God like you want your child to  
pursue God.

Pursue your spouse like you want your  
child to someday pursue their spouse.

Limit your screen time the way you want  
your child to limit theirs.



**The best technology rules are  
family technology rules.**



# American Academy of Pediatrics Recommendations for Media Use

- Children 18 months and younger - 0 min.
- 18-24 months - less than an hour.
- 2 - 5 years - 1 hour of high-quality
- Older than 6 years - consistent limits
- Designate media - free times together.



# American Academy of Pediatrics

Children spend an average of 7 hrs per day watching TV, playing video games and using the Internet.



There's little advantage to having young children anywhere near the cutting edge. In fact, introducing children to technology has no real upside until after their sixth birthday when they possess the mental capacity to think a bit more abstractly. Before that, parents should be much more focused on socialization, confidence and self-control.

Dr. Tim Lynch  
founder of Psychsoftpc



**Media Mentors, not just Monitors**



Your digital habits may be harming your relationship with your child.

In a 2015 survey, one -third of children reported feeling unimportant when their parents looked at their phones during meals or when playing together.

A 2016 study suggest looking at your digital devices could increase your child's chances of developing mental health problems, like depression.



**Starting with rules and habits will  
help your child down the road.**



# Media Mentors

- Make your own media plan / rules
- Treat media like any other environment
- Set limits and encourage playtime
- Screen time shouldn't always be alone time
- Be a good role model. Work vs Play



# Media Mentors

- Know the value of Face-to-Face comm.
- Create tech free zones
- Don't use technology as an emotional pacifier
- Apps for kids... do your homework

# High Quality Programming & Apps

[www.commonsemmedia.org](http://www.commonsemmedia.org)



# Dangers of too much screen time

Obesity

Sleep Problems

Behavior Problems

# Behavior Problems

Elementary school-age children who watch TV or use a computer more than two hours per day are more likely to have emotional, social, and attention problems. Excessive TV watching has even been linked to increase bullying behavior.



# Dangers of too much screen time

Obesity

Sleep Problems

Behavior Problems

Educational Problems

# Shocking Facts



# Shocking Facts

## **Tweens spend less time outside than prisoners**

- \* Less than one hour a day.
- \* 3-4 kids spend less than 60min playing outside
- \* Spend twice as long on screens than outside
- \* 3-4 parents say their kids often refuse to play without some form of technology

# Shocking Facts

**1 in 4 kids think video games are  
exercise**

- \*Kids become less active by the age of 7
- \*With the rise of consoles and virtual reality, this will only blur the boundaries between gaming and exercise.



# Shocking Facts

**4 in 5 tweens are on social media by the age of 12**

\*Minimum age for Facebook, Instagram or YouTube account is 13 years old.

# Shocking Facts

**6 in 10 kids don't get enough sleep**

- \* 3 in 5 kids aged 2-11 don't have a regular bedtime
- \* 2-4 years old, 57% of them sleep deprived.
- \* 8-11 years old, 65% of them sleep deprived.
- \* Over-stimulation of brain / blue light



# Shocking Facts

**The average age for a child to get their first smartphone is 10.3 years (and falling)**