

SCREEN USE IN MY FAMILY

EDUCATION

ENTERTAINMENT

COMMUNICATION

PARENTING

WORK

OTHER

SCREEN TIME RESOURCES

Common Sense Media

CommonSenseMedia.org

This website provides media recommendations for families by child age and helps parents understand what messages are communicated in various movies and TV shows.

Common Sense Media - Screen Time

CommonSenseMedia.org/screen-time

The "Screen Time" tab provides detailed articles regarding families and screen time.

American Academy of Pediatrics

AAP.org

This website offers various resources for parenting, and clicking on "Media and Children" will bring you to the organization's "Media & Children Communication Toolkit."

Ask the Mediatrician

Mediatrics.com

This blog was created by the Center on Media & Child Health by Boston Children's Hospital. Dr. Michael Rich, the "Mediatrician," answers parent questions about media and children.

Be the Parent Please by Naomi Schaefer Riley

Book by author Naomi Schaefer Riley

This book details several topics central to screen time & families, providing data and evidence-based suggestions for families struggling with screen overuse.

Outsmart your Smartphone by Tchiki Davis

<https://www.newharbinger.com/outsmart-your-smartphone>

This book sets out to help you use technology in meaningful, positive ways. The website above provides free downloadable worksheets to accompany the book.

SCREEN EFFECTS: QUICK REFERENCE GUIDE

This quick reference guide outlines the basics of how screens affect individuals and families.

- **SLEEP DISRUPTIONS**

Checking mobile devices after getting in bed delays sleep.

Screen use may delay bedtime.

Blue light from screens may lead to difficulty falling asleep.

- **MENTAL HEALTH**

Increased social media use is related to increased depression in adolescents.

Increased social media & TV use may lead to greater body dissatisfaction in teens.

Moderate social media use may increase feelings of belonging & connectedness.

- **BEHAVIORAL PROBLEMS**

Screen use may lead to aggressive behavior, due to decreased focus from various stimuli.

Screen use triggers dopamine releases, leading to irritable behavior afterward.

- **COMMUNICATION**

Screen use during family time can hinder relationship-building & communication.

Alerts can distract from conversations.

Texting/IM'ing can lead to unclear communication.

Potential for increased ability to connect with family members.

Screen use may allow for important family conversations.

- **PARENTAL SCREEN USE**

Parental screen use during meal times may lead to increased child screen use.

Children whose parents heavily use screens are up to 4x more likely to heavily use screens.

ADDITIONAL TIPS FOR SCREEN TIME MANAGEMENT

- **TREAT ALL SCREENS EQUALLY**

Set boundaries for general device usage, not specific devices.

- **REMEMBER THAT SCREEN USE IS NOT ALL BAD**

Recognize the benefits of screens, while also identifying the need for screen-free time.

Prioritize active screen time over passive screen time.

- **ESTABLISH FAMILY RULES FOR SCREEN TIME**

Create rules that apply to everyone or specific age groups.

- **USE YOUR RESOURCES**

Some devices have a "screen time" capability that tracks usage.

The AAP suggests screen use guidelines for children by age group.

- **CONSIDER PARENTAL MODELING**

Acknowledge how your screen use affects your children's screen use.

Model screen use behaviors you wish to see in your children.

- **BE CONSISTENT**

Stick to your boundaries.

Avoid rules that only apply "sometimes."