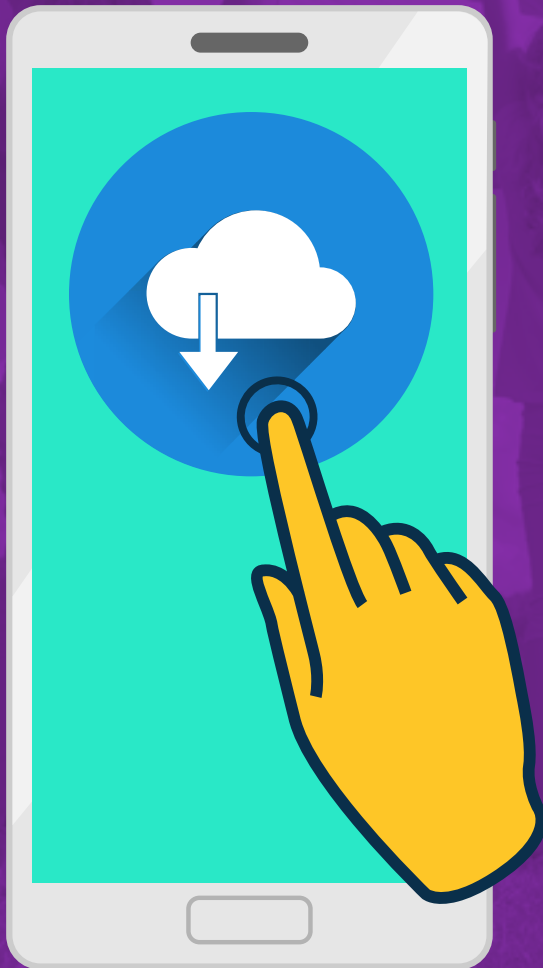




How to promote children's health and well-being

What can parents consider before downloading apps for older children?

Dr. Jenny Radesky



1

Active learning involved
children are active, engaged and not passive

2

Engagement in learning
children are engaged, not distracted

3

Meaningful learning involved
information is meaningful and links to children's daily lives

4

Social interaction involved
socially interactive/engaged

How can parents encourage balance in technology use?

Dr. Courtney Blackwell

1

Prioritize your family's relationship

- Family engagement
- Create no-device time/zone

2

Reconsider how, when, and why you use technology

- Be aware of your own digital technology use and how it can affect your interaction with your child
- Set aside time every day to engage in fun activities with your child

3

Connect and create, not just consume

- Use of joint media engagement
- Opportunities for shared device use and shared experiences such as video chat
- Be creative in your technology use



Source: Children and Screens YouTube Channel

How to detect stressors on social media

Dr. Sophia Choukas-Bradley

1

Write down a list of all activities you do related to social media (parent and/or child) in a typical week (aim 10-20 activities)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2

Now, using the list, **categorize these activities** into the following:

- a** what gives you the **most lasting happiness**
- b** what gives you **instant excitement/fun but not lasting happiness**
- c** what causes you the **most stress**
- d** what you **spend the most time on**

Reflect on how these activities affect you. Stop or limit usage of those that don't benefit your overall well-being.

How to develop healthy online behaviors

Dr. Sophia Choukas-Bradley

To help your child reflect on their social media use, you can discuss the following questions with them:

Are you doing things online that only briefly make you feel good and not for a long time?

Are you doing stressful things on social media?

“Does your time on social media show what you value the most?”

“How do you think you can make your online interactions better show the values that you uphold?”

“How can you spend more time online doing things that don’t just give instant pleasure but also make you feel good about yourself for a long time?”

Sources

1

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3

Unsplash

<https://unsplash.com/photos/tvc5imO5pXk>

4

Unsplash

<https://unsplash.com/photos/DqgMHzeio7g>