Parenting and Electronic Devices

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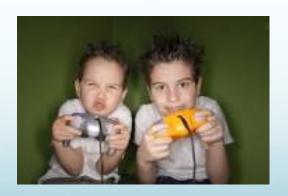
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What are we thinking?

- What are the consequences of not having boundaries?

- What do the studies show?

- What do tech boundaries look like?

- What are the benefits?

- Do we need a technology contract?

- "I forget I'm in a house, that I have parents, that I have a sister, that I have a dog. I just think I'm in the video game," one boy says. "I would die if I didn't have my tablet."

  -http://mashable.com/2015/07/11/nature-valley-technology/

Technology and Children What do the experts say?

- For decades the AAP has warned that children need to cut back on their screen time. The group's latest prescription: Entertainment "screen time" should be limited to two hours a day for children ages 3-18. And, for 2-year-olds and younger, none at all.

- The study, published in the journal *Computers in Human Behavior*, found that sixth-graders who went five days without exposure to technology were significantly better at reading human emotions than kids who had regular access to phones, televisions and computers.

Are we losing our social skills?

- For children, face-to-face interactions are the primary ways they gain knowledge and learn.

- Smartphones and the Internet affect communication skills and the emotional development of humans. If a child relies on electronics to communicate, they risk weakening their people skills. Children can become detached from others' feelings.

Other consequences

- Difficulty sleeping or falling asleep

- Exercise less and are more prone to obesity

- Read less

- Do less homework

- Spend less time with family

- Have a more difficult time making decisions because of information overload

- Children who have televisions in their bedrooms do worse on academic testing.

- Violence- Exposure to violent TV shows, movies, music and video games can cause children to become desensitized to it. Eventually, they may use violence to solve problems and may imitate what they see on TV, according to the American Academy of Child and Adolescent Psychiatry.

10 Tips for Setting Limits

1. Be a good role model.

2. Choose "no technology zones."

3. Use parental controls.

4. Talk to kids about risks.

5. Don't allow screens in the bedroom.

6. Encourage other activities.

7. Obtain passwords.

8. Establish social media limits.

9. Choose a time of day for devices to get shut down.

10. Let your kids choose their tech activities.

Murray Household

- Elementary School: No computer/tv in bedroom.

    -Monitored use for homework, etc.

    -Used parent cell phone to call grandparents,

    sisters in college

Middle School: No computer/tv in bedroom

    -Facebook page in 7th grade, parents had

    passwd and monitored use

    -Got a cell phone at the end of 7th grade

    -Cell phone was turned off at 8pm and given to parents

Murray Household

- High School: Son partially pays for cell phone
  - 9-10th grade, cell phone was turned in to parents at bedtime
  - No computer in bedroom after homework is completed
  - No tv in bedroom

  - 11th-12th grade- TV in bedroom
  - Less monitoring of phone/computer
  - A lot of discussion!

Benefits

- Better eye-hand coordination

- Can improve some language skills

- Can increase school readiness in math

- May improve spatial skills

- Increase in problem solving skills

- Develops skills and talents

- Expands horizons

Resources

- http://www.natlconsumersleague.org/technology/149-parental-controls/540-parental-controls-managing-childrens-wireless-usage

- http://psychcentral.com/lib/how-do-smartphones-affect-childhood-psychology/

- http://mashable.com/2015/07/11/nature-valley-technology/

- https://digiparenthood.wordpress.com/2013/08/23/10-benefits-of-exposing-young-children-to-modern-technology/