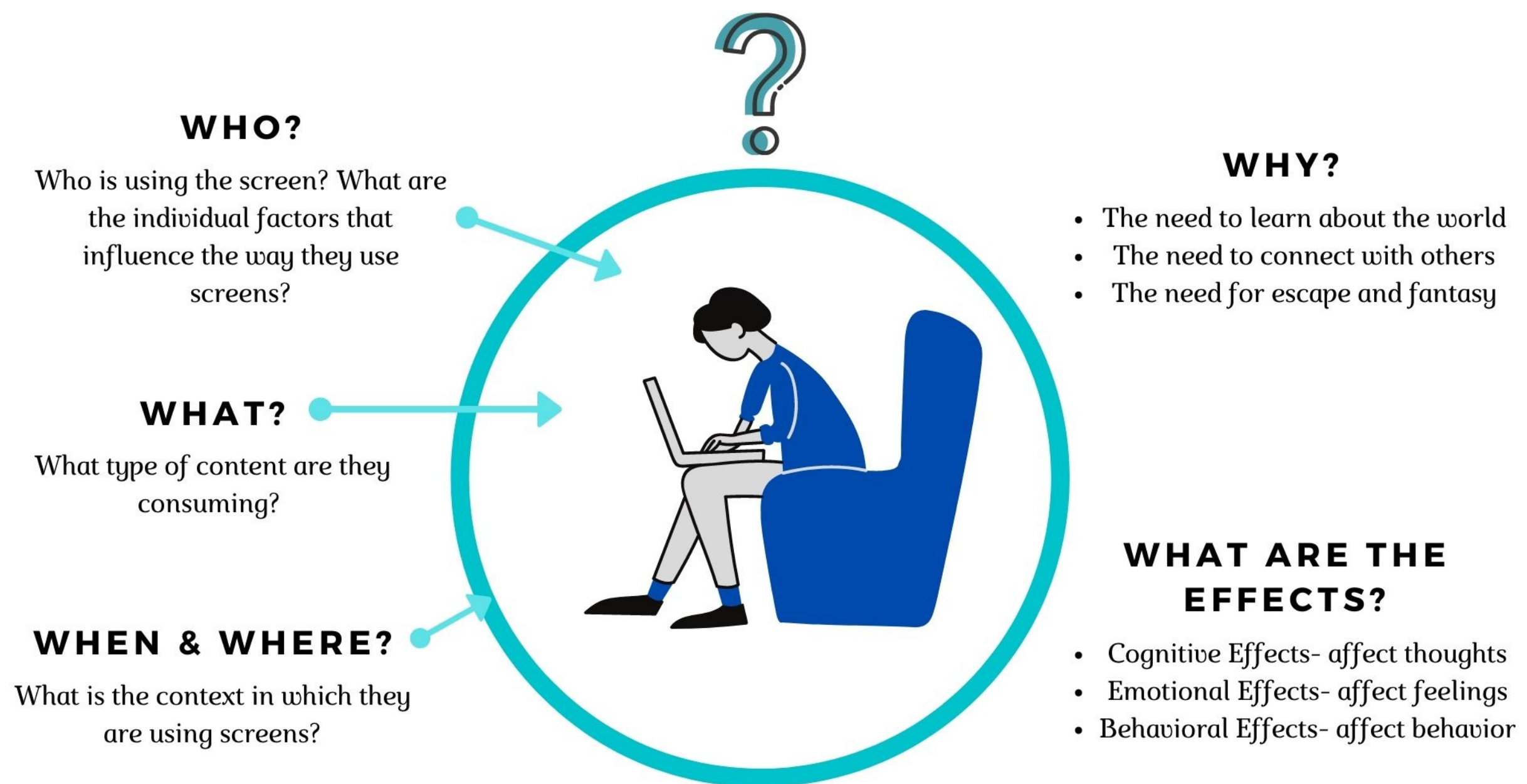


MAKING DECISIONS ABOUT CHILDREN'S SCREEN TIME



Important Questions to Ask when Making Decisions about Screens



WHO?

- Is learning via a screen appropriate for your child's age and developmental level?
- How does your child react when it's time to turn off screens?
- How is their attention span? Are they paying attention or zoning out in front of screens?
- How does your child behave after using screens for a while?

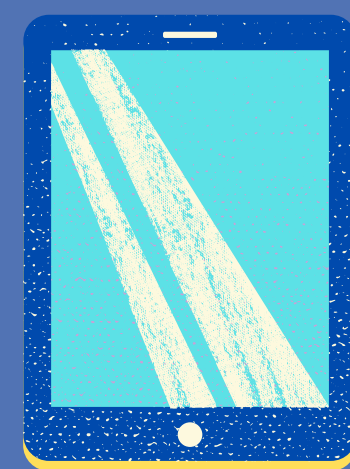
WHAT?

- What type of content is your child attracted to?
- Are they using screens in a way that is creative? Meaningful?
- What are the influences and messages being represented in the content your child is consuming?
- What is the purpose of the media and who created it?

WHEN AND WHERE?

- When does your child use screens the most and why?
- Are they using screens actively or passively in the background?
Are they using multiple screens at once?
- Are they using screens alone or with others?
- What type of emotions does the screen use elicit?
- What are the rules and expectations about child screen use?

Using a Collaborative Problem-Solving Method when Making Decisions about Child Screen Use



Important Questions to Ask when Making Decisions about Screens

Empathy:

Understanding the Needs Media Fulfills

- **Surveillance:** The need to learn about one's world
- **Social Utility:** The need to connect with one's world
- **Fantasy:** The need to escape from one's world

Ask...

What is your favorite thing to do on screens?

What do you like the most about it? Why?

Identifying the Concern:

Effects of Media Dependency

- **Cognitive Effects**
 - Exposed to/Influenced by views incompatible with family's values
- **Emotional Effects**
 - Desensitized to violence
- **Behavioral Effects**
 - Acting out/tantrums after screen use

Think About...

What worries you the most about your child's screen use?

Why?

Finding Solutions

Does the child have their needs met?



Does it satisfy the caregiver's concern?

