



Parent  Connect

# Considerations & Tips

## Parenting Children & Adolescents in a Digital Age

Robin Lake, LCSW & Renee Z. Dominguez, Ph.D.  
Family Service Center (FSC)



### Promote Connection & Mental Wellness

- Prioritize face-to-face interactions for you and your child.
- Co-create a list of things that your child can do that don't involve a screen.
- Create built-in non-screen family time (e.g., meals, game night, short car rides, etc.).
- Create built in non-screen alone time. This is important for people of all ages.
- Create screen-free zones in your home.
- Prioritize our basic needs (e.g., sleep, nutrition, exercise, etc.).
- Encourage wellness activities (e.g., mindfulness, meditation).
- Use technology to promote health and wellness (e.g., Calm, Headspace, etc.).
- Ensure that your child will not have to compete with a screen for your attention.
- Strive for BALANCE.

*Turn the page for more tips*

## **Manage “The Hook”**

- Turn off notifications.
- Say “no” when apps or websites request permission to send push notifications.
- Consider using “Airplane Mode” when you don’t need to be immediately available.
- Turn off screens at least an hour before bedtime.
- Consider making your screen black and white (Monochromatic).
- Consider doing a “Digital Detox.”
- Consider using an App or device that helps reduce distractions.
- Consider making your child’s bedroom a screen free zone.
- Use an alarm clock (i.e., phone does not need to be the alarm clock).

## **Manage the Complexity of Integrating Technology into our Lives**

- When you reach for your device, ask yourself, is this necessary?
- Support your child through digital mentoring.
- Create consistent messaging about technology between the adults in your child’s life.
- Engage in purposeful, planned conversations about predictable technology challenges during calm times, not in the heat of the moment.
- Engage in ongoing conversations with your child about technology (e.g., Tech Talk Tuesdays). If they are not mature enough to tolerate a conversation about it, they are not ready to use it!
- Encourage privacy and discuss what is healthy to share with friends, and what might be unhealthy and overwhelming to peers.
- Be aware of any time that you are communicating to your child that they “should” be paying attention to their phone. Is it a good idea to text them when they are upstairs? Or, is it a good idea to text them (and expect a response) when they are in class?



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## Resources

### Parenting Children & Adolescents in a Digital Age

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Heitner, D. (2016). *Screenwise: Helping kids thrive (and survive) in their digital world*. Routledge.

Homayoun, A. (2017). *Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*. Corwin Press.

Kamenetz, A. (2018). *The art of screen time: How your family can balance digital media and real life*. Public Affaris.

Kersting, T. (2016). *Disconnected: How to reconnect our digitally distracted kids*. Self-Published.

Rosen, B (2018). *How to utilize the research about children and screen time*.

<https://www.family-institute.org/behavioral-health-resources/how-utilize-research-about-children-and-screen-time>

#### **Childmind.org**

Childmind.org offers a great deal of useful parenting information based on research findings. Specific section on technology and media can be found here:

<https://childmind.org/topics/concerns/media-and-technology/>

#### **Screenagersmovie.com**

Screenagers is a documentary that was produced by a pediatrician, Delany Ruston, MD. She had significant concerns about the impact of technology on children and their development. The film's website has a section of "Tech Talk Tuesdays" which is a blog of insightful considerations and conversation starters you can have with your children. It offers an option to sign up for a weekly e-mail (which is sent out on Tuesdays, of course) with these reflective thoughtful topics and conversation starters.

<https://www.screenagersmovie.com/tech-talk-tuesdays/>

#### **Commonsensemedia.org**

This is an excellent resource that provides information about the content of various books, apps, movies, etc. and offers a suggested age for which a child should be to view/engage with content. There is a section titled "Advice for parents."

<https://www.commonsensemedia.org>

### **Raising Digital Natives**

Provides links to recent articles Dr. Devorah Heitner has written, interviews she has done, and an ongoing list of blog posts with very relevant topics to raising Digital Natives.

<https://www.raisingdigitalnatives.com>

### **Center for Internet and Technology Addiction**

Provides resources and information about internet addiction. Center for Internet and Technology Addiction was founded by one of the leaders, Dr. David Greenfield, in behavioral addiction.

<https://virtual-addiction.com/videos-featuring-dr-david-greenfield/>

### **Technology Monitoring Resources**

There is an excellent article on the Screenagers movie website

([www.screenagersmovie.com](http://www.screenagersmovie.com)) which gives an overview of time management apps and devices. You can find the article in the Resources tab, under Parent Apps.

The Center for Humane Technology has suggestions for ways to reduce distractions and set some time boundaries on your devices (<http://humanetech.com/takecontrol/>)

### **Technology and Impact**

Alter, A. (2017). *Irresistible: The rise of addictive technology and the business of keeping us hooked*. Penguin.

Orenstein, P. (2016). *Girls & sex: Navigating the complicated new landscape*. Harper.

Sales, N. J. (2016). *American girls: Social media and the secret lives of teenagers*. Vintage.

Turkle, S. (2016). *Reclaiming conversation: The power of talk in a digital age*. Penguin.

### **Parental Controls and Reducing Distractions**

Screen Time Management Apps

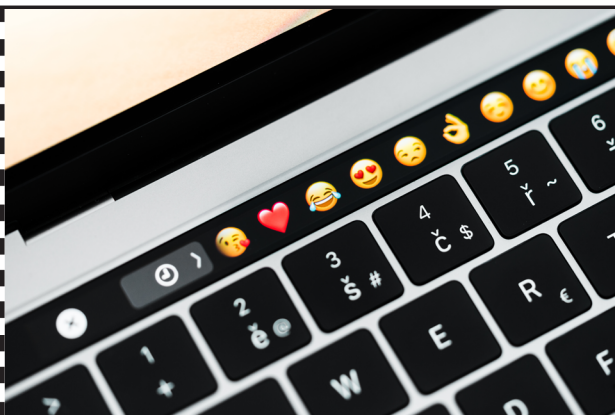
- There is an excellent article on the Screenagers movie website ([www.screenagersmovie.com](http://www.screenagersmovie.com)) which gives an overview of time management apps and devices. You can find the article in the Resources tab, under Parent Apps.
- The Center for Humane Technology has suggestions for ways to reduce distractions and set some time boundaries on your devices (<http://humanetech.com/takecontrol/>)

Digital Citizenship

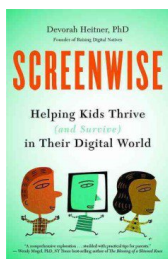
- [www.Cybercivics.com](http://www.Cybercivics.com)

Learning about digital parenting

- Family Online Safety Institute ([www.fosi.org](http://www.fosi.org)) has lots of information, tips, and strategies to parent in the digital era.
- Center for Humane Technology
- Delaney Ruston, M.D. ([www.screenagersmovie.com](http://www.screenagersmovie.com))
- Cyberwise
- IkeepSAFE.org
- Wait until 8<sup>th</sup> ([www.waituntil8th.org/](http://www.waituntil8th.org/))

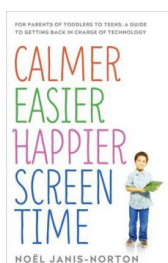


## PARENTING RESOURCES FOR A DIGITAL ERA



### Screenwise : Helping Kids Thrive (and Survive) in Their Digital World

by Deborah Heitner  
JTEACH PAR 302.231 HEI



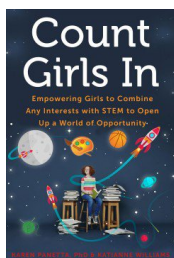
### Calmer, Easier, Happier Screen Time : For Parents of Toddlers to Teens : A Guide to Getting Back in Charge of Technology

by Nol Janis-Norton  
JTEACH PAR 302.23



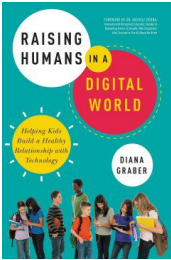
### The Art of Screen Time : How Your Family can Balance Digital Media and Real Life

by Anya Kamenetz  
JTEACH PAR 302.23 KAM



### Count girls in : empowering girls to combine any interests with STEM to open up a world of opportunity

by Karen Panetta  
J TEACH PAR 372.35 PAN



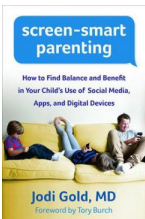
## Raising Humans in a Digital World : Helping Kids Build a Healthy Relationship With Technology

by Diana Graber  
302.23 GRA



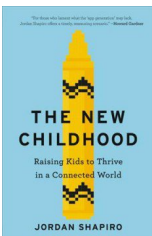
## Glow Kids : How Screen Addiction is Hijacking our Kids--and How to Break the Trance

by Nicholas Kardaras  
616.8584 KAR



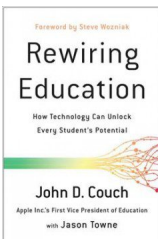
## Screen-Smart Parenting : How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices

by Jodi Gold  
649.1 GOL



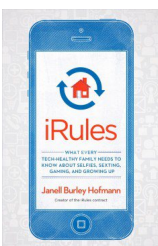
## The New Childhood : Raising Kids to Thrive in a Connected World

by Jordan Shapiro  
649.1 SHA



## Rewiring Education : How Technology Will Help Unlock Every Student's Potential

by John D. Couch  
649.7 COU



## iRules : What Every Tech-Healthy Family Needs to Know About Selfies, Sexting, Gaming, and Growing Up

by Janell Burley Hofmann  
649.7 HOF