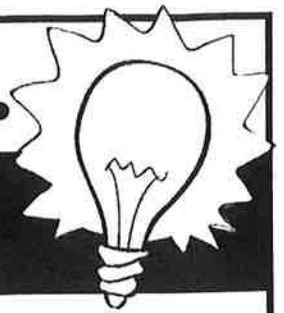


supporting kids with...

SCREEN TIME



The Anxious Generation

The rise of smartphones and social media may have led to a mental health crisis among young people by disrupting natural development and increasing anxiety, depression, and social disconnection.

recommendations 1 & 2

- 1 - No smartphones before high school (age 14).
- 2 - No social media before age 16. Wait until after the most vulnerable period of brain development.

recommendations 3 & 4

- 3 - Turn off screens/phones & remove from bedrooms 30-60 minutes before bed.
- 4 - Use parental controls, content filters, set screen-time limits & time parameters.



recommendations 7 & 8

- 7 - No screen use during mealtimes.
- 8 - Find or build a community with other parents who hold the same standards.

did you know?

In today's digital age, managing screen time for your child can be a challenge. While all screen time isn't bad, studies show that excessive screen time can negatively impact a child's development, sleep, and physical health. This handout includes practical tips to help you guide your child's use of screens, ensuring it is balanced and beneficial.



recommendations 5 & 6

- 5 - Model & limit your own screentime.
- 6 - Keep a digital sabbath. Have one day a week with reduced or no screentime. Replace that time with family activities.

play advice

- 1 - Allow for more unsupervised play & childhood independence.
- 2 - Encourage children to engage in outdoor physical, free play with children of mixed ages.

Tips For Helping Your Child Develop Healthy Screen Time Habits

play advice cont.

3 – Encourage your children to participate in unstructured free play after school.

4 – Organize a 'Playborhood' where parents take turns supervising outdoor play in the neighborhood.

ladder from childhood to adulthood

Ages 2-5: Limit screentime to 1 hour on weekdays and 3 hours on weekend days.

Age 6: Allow up to 2 hours of screentime daily; introduce a small list of chores and provide a small weekly allowance.

Age 8: Encourage unsupervised play and socializing ; allow them to run local errands.

Age 10: Provide a basic phone without internet access or apps.

Age 12: Let them earn their own money through tasks like yard work or babysitting; allow them to spend time with trusted adults independently.

Age 14: Support them working part-time and joining athletic teams; consider providing their first smartphone.

Age 16: Support obtaining a driver's license and starting a social media account responsibly.

additional resources

CommonSense.org (reviews & ratings for apps, tips on screen time management, parental controls & online safety)

Wait Until 8th (rally with other parents to delay smartphones)

Center for Humane Technology: "Youth Toolkit" (talk with your child about screens/social media)

Screen Strong (prevent screen addiction & help for problematic use)

The Let Grow Project: children try new things on their own (Lenore Skenazy, author of Free Range Kids)

Outsideplay

QR CODE

Scan for access to the PowerPoint and click on the links on the final slide for additional/mental health resources.

