

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

## SCREEN SMART PARENTING

### “TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### OTHER HELPFUL INFORMATION

iParent 101 eBook: Digital Parenting Support for Modern Families

1Parent 101 Website

### The Impact of the Digital World on Youth Mental and Behavioral Health

- Digital Stimulation disrupts and dysregulates our attention by hijacking our ability to prioritize, regulate emotions, shift attention, focus, and use different muscles in our bodies.
- What is being displaced? What activities are not happening while online.
- This is particularly concerning for developing minds and bodies.
  - Lean in to biology & nature
  - Use all 5 senses to cope
  - Use different part of your body/brain

### Foster a Healthy Relationship with Technology

- Apply consistent rules, expectations, and practice.
- **BALANCE IS A CONSTANT STATE OF ADJUSTMENT**- the goal is to teach our children to adapt and cope differently to new information and environments.
- Model and mentor the choices and behaviors you wish to encourage in your children. Their growing independence and success is directly related to what they observe in their world and practice in their own lives.

### Best Practices to Limit Technology

- Delay Access: “Help” your kids set up and limit their technology to enhance their overall functioning (e.g., social, academic, etc.)
- Set Limits which force the dialogue about new and disruptive access
  - Turn off notifications that are not beneficial
  - Use a regular alarm clock
  - Require permission to download apps
  - Passwords are private and shared with parents
- Ramp up coping skills using a customizable behavior modification system.

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