PRIMARY CARE VIRTUAL DROP-INS

A Slippery Slope: Managing Children's Media Use During the COVID Pandemic

OBJECTIVES

1. Discuss participant's cases and the impact of the the pandemic on media use .

2. Helping families rebalance media use with sleep, family meals, exercise and other means of socializing.

3. Consider managing stress through creativity, down time, self-care exercises and group support.

Screen Time and Children

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Children and adolescents spend a lot of time watching screens, including smartphones, tablets, gaming consoles, TVs, and computers. On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours. While screens can entertain, teach, and keep children occupied, too much use may lead to problems.
Parents may not always know what their children are viewing, or how much time they are spending with screens.

PANDEMIC MEDIA USE

Prior to COVID-19:

8-12 year olds   => 4-6 hours a day

13+ year olds => over 9 hours a day

During COVID-19

Survey estimates 50% increase

PANDEMIC MEDIA USE

Content risks

Violence/risk taking

Dangerous stunts

Sex, drugs

Negative stereotypes

Cyber-bullying/predators

Direct marking to children

Time on media competes with:

Sleep

Academic work and reading

Family/friend time

Exercise and outdoor time

Hobbies/creativity

PANDEMIC MEDIA USE

Any strategies have your families found helpful?

Healthychildren.org

Family Media Plan (AAP)

Screen-free zones

Screen-free times

Device curfews

Media Diversity (active vs passive)

Parent responsibility

-Role model

-Co-play

-Co-watch

Create:

family time, creativity times, hands-on play, outdoor time

PANDEMIC MEDIA USE

Other strategies families have found helpful?

App to turn off WiFi – set timer or use Boomerang

App to turn off phone data – set parental controls

Discuss online **manners**: language, bullying, bigotry/bias/racism/sexism, etc.

Discuss online **safety**: Privacy, private photos, personal information

PANDEMIC MEDIA USE

➢Chromebook parental control: Qustodio parental controls

    - Web filter, time control

➢Apple "Screen Time" parental controls

    - Web filter, time control

PANDEMIC MEDIA USE

What other resources have families found useful?

AACAP.org Facts for Families

Screen Time and Children

TV Violence and Children

Music and Music Videos

Movies, Media and Children

Video Games and Children: Playing with Violence

Social Media and Teens

"SWITCHING OFF"
MEDITATION

REFERENCES & RESOURCES

https-//www.commonsensemed#1CE1

https-//www.healthychildre#1CE2

Mindfulness Exercises to Encourage Sleep