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

1. Discuss participant’s cases and the impact of 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
No. 54; Updated February 2020

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
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

https://www.healthychildre

Mindfulness Exercises to Encourage Sleep