

— NewYork-
— Presbyterian Kids



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How to Handle Screentime: Setting Real Life Limits in a Virtual World

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TV Talk

- 1) *What is your favorite show(s)?*
- 2) *How do you feel when you are watching it?*
- 3) *Do you ever binge watch? What is the latest you have stayed up watching?*
- 4) *What happens when you turn off your favorite show? How do you feel?*





The Screen: Eye Candy

- Screens are like “candy”
- Provide mindless enjoyment-we put in minimal effort and energy for a sweet reward
- Designed to leave us wanting MORE- we don’t feel “filled up.”
- It is not easy to walk away from candy! It is not easy to walk away from a screen!
- This perspective is critical for us to hold in mind when we are reacting to our children with screens and trying to set limits.





What is the problem?

- We know that kids aged 8-18 tend to spend more than 6 hrs a day on a screen.
- When we eat too much candy, we....
 - Feel sick
 - Experience change in our mood and energy
 - Have difficulty sleeping
- The same thing happens with screens, so we need to find a **BALANCE**





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Screens and Our Sleep

- Using blue light-emitting screen devices (like smartphones) before bed can disrupt sleep patterns
- Mindless scrolling/watching can lead to later bedtime and sleep deprivation.
- Can suppress secretion of melatonin, which is what helps us sleep.
- Less likely to experience deep REM sleep, which is critical for processing and storing information in our memory.



Bottom Line: Screens before bed negatively impact our sleep patterns and our ability to restore our bodies



Screens and Our Brain

- “Impoverished” stimulation of the developing brain compared to reality.
- Kids don’t get the opportunity to experience boredom, which is “the space in which creativity and imagination happen.”
- Research shows correlation between screen use and inattention
- Research shows correlation with screen time and less developed language abilities
- Lack of sleep from screen time also leads to problems with memory and consolidating information
- Less time for independent play which is critical to learning and development, especially at earlier ages.

Bottom Line: There is some variability, but screens are not great for our developing brains.



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Screens and Our Relationships

How does it feel when you are talking to someone and they are on their phone?

What happens when everyone is sitting on their phones or staring at a TV during meals?

- Missed opportunities for social interaction and connection
 - “ $\frac{3}{4}$ of parents and $\frac{1}{2}$ of kids feel the other person is distracted when they are talking to each other.”
- Missed opportunity for real-life play (critical for development)
- Increased arguments and miscommunication
- Social and team component in video games is a positive
- social media and social platforms are amazing ways of connecting and supporting others.

Bottom Line: screens are not ALL bad for our relationships, but we need to be mindful of how often and when we use them.



Screens and Our Emotions



- More difficulty tolerating and embracing boredom
- Learn that enjoyment does not involve energy, effort, or frustration
- Less opportunity to practicing frustration tolerance (most of how we learn involves some component of coping with frustration)
- More **irritable** during the transition away from screens and after because your body has to now re-adjust to a world in which reward isn't actually instant and effortless.
- Violent video games (including fortnight) have been correlated with increases in **aggression**

Bottom Line: In general, excessive video game use and screen time leads to more difficulties with ability to self-regulate and focus.



Youtube and Fortnite



- First person shooter games may change the way a child understands the consequence of using a weapon and the way conflict can be resolved.
- If a kid is using it in excess, like 5+ hours a day, it can lead kid to be more aggressive and agitated
- Learn that to kill is to win
- Youtube (even with parental controls in place) can lead to inadvertent exposure to pornography and other inappropriate sexual or violent videos.

Bottom Line: Screentime is often a chance for adults to accomplish their To Do list or take a well-deserved break, but please MONITOR and SUPERVISE.



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How can we approach screens with our children?





TIP #1: BE CONFIDENT AND PREPARED FOR PUSH-BACK

- Remember the information we just went over and be confident in your decision to limit screen time.
- Your kids are not going to say “great idea, mom! Thanks for telling me I cant play Fortnite!” so save space and time for the push-back.
- Have 1-2 coping strategies you can use so that you can stay calm and confident in the height of the push-back
 - deep breaths
 - positive self-statements (“*I am doing the right thing for my child*”)
 - If your kids see you as calm, consistent, and confident in this decision it will be easier for them to follow along.



TIP #2: BE SPECIFIC AND CLEAR ABOUT EXPECTATIONS

- Talk to your child about these expectations and rules PRIOR to implementation.
- Let them have choice whenever possible.

Not Specific: *“you can only play video games for a little bit before bed tonight.”*

Not Specific: *Once you finish your HW, you can watch tv.*

Specific: Every day you complete your HW, you can earn 20 minutes of screen time on the weekend.

Specific: *You will be allowed to watch one episode before dinner.*

Specific: *Once you finish your HW, you can choose whether you want to watch an episode of tv or play 20 minutes of Roblox.*

Choice: Everyday you will be allowed to watch one show. Do you want to watch before dinner or after dinner?



TIP #3: LIMIT ACCESS

- Put away phones during dinner
- Set a timer for how long teens can look at phones before bed (e.g., 10-30 minutes)
- Put away the remote control and video game controllers when not in use
- Unplug the tv if you have to (make the screens less tempting for them!)
- Prepare your children for these changes PRIOR to limiting access.
 - i. “It’s so hard to walk by the tv and not be allowed to use it! I’m going to put away the remote when its not screen time to make it less difficult for both of us.”*



TIP #4: HELP YOUR CHILD COPE AHEAD WITH EMOTION REGULATION

- ▶ Talk to them about how tv shows and video games are designed to make us want more and offer support.

They are designed to leave us wanting more, whether we watch 10 min or 5 hrs! I never feel satisfied when I have to turn off a show. It's really hard.

Screens are easy, enjoyable, and involve little energy. When we stop, our bodies have to get used to doing something that we need more energy for and that can be really hard.

How can I help you when we have to shut it off?



TIP #4 Cont'd: HELP YOUR CHILD COPE AHEAD WITH EMOTION REGULATION

- Remind them about the plan and the transition **BEFORE** they start screen time.
- Continue to give **REMINDERS** throughout the screen time (5-10 minutes prior to it ending)
- Help your child identify a **COPING STRATEGY** for the transition (you are not against each other, you are a team against the screen time struggle!)
 - **Validate:** *I know this is really hard for our bodies to go from something really fun and relaxing to something that involves more effort.*
 - How can I help you?
 - Deep breaths
 - Coping thoughts?
 - Hug?



TIP #5: CONNECT DURING SCREEN TIME

- Move away from **all-or-nothing** thinking with restrictions
- Watch the show with your child or play the video game!
- Talk to them about the characters, the plot, their predictions etc.
- They may be “eating candy,” but at least you are strengthening the relationship, and they are learning how to have a thoughtful and analytic conversation.
- Pick your battles--if they have 2 min left in a show, let them finish it!
- Try to use screen time as a means to get closer and form a stronger bond with your child!





Tip #6: SET PARENTAL CONTROLS

Depending on the device or system, parental controls can do the following:

- o Set specific time limits on your children's use
- o Control/block games your child can access
- o Prevent children from using specific programs
- o Manage content children can search for online



Setting Parental Controls





Youtube Controls

1. Can download YouTube Kids app for protected viewing
2. Can also create a YouTube account to monitor access on regular YouTube
 - Go to accounts.google.com/signup
 - Create account
 - Then sign in using this account on youtube.com
 - Can look at search history under **Library** à **History**
 - Can restrict content by scrolling to bottom of screen, click **Restricted Mode**, set it to **On**

NEED TO DO THIS ON EVERY DEVICE YOUR CHILD USES

<https://www.youtube.com/watch?v=8Nf8GTIV4so>



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Android

- Download Family Link (an app that lets you manage kids' phone use)
 - o Gives you reports about their activity (how much time they spend on each app)
 - o Lets you approve or block apps your child wants to download
 - o Gives recommendations about age-appropriate apps you can add to your child's device
 - o Sets limits on screen time and bedtime
 - o Lets you lock their device remotely
 - o Tracks their location

<https://www.techadvisor.co.uk/how-to/google-android/android-parental-controls-3461359/>



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Netflix Controls

1. Go to Netflix.com and sign in
2. Click on icon on the top right side of the screen to go to Account
3. Under *Settings*, click **Parental Controls**
4. Enter password
5. Can set a 4-digit pin to restrict viewing and select what ratings require a pin (i.e., PG, PG-13, R, etc.)



Apple

- Set content and privacy restrictions:
 - Go to **Settings > Screen Time**
 - Tap “Continue” and choose “This is my device” OR “This is my child’s device”
 - Tap “**Use Screen Time Passcode**” to control screen time
 - Tap “**Content & Privacy Restrictions**” > “**Content & Privacy**” to control what they can see on the phone (see more options below)
- Prevent iTunes & App store purchases
 - Go to **Settings > Screen Time**
 - Tap **Content & Privacy Restrictions**
 - Tap **iTunes & App Store Purchases**
 - Choose a setting and set to “Don’t Allow”
 - Options are *Installing Apps*, *Deleting Apps*, and *In-App Purchases*
 - Can also choose to require a password for purchases
- Prevent explicit content
 - **Settings > Screen Time > Content & Privacy Restrictions**
 - Tap **Content Restrictions**
 - Choose settings you want for each feature under **Allowed Store Content**
- Restrict Siri web search
 - **Settings > Screen Time > Content & Privacy Restrictions > Content Restrictions**
 - Scroll down to **Siri** and choose settings
 - Can restrict *Web Search Content* and *Explicit Language*
- Restrict Game Center
 - **Settings > Screen Time > Content & Privacy Restrictions**
 - Scroll down to Game Center and choose your settings
 - Can restrict *Multiplayer Games*, *Adding Friends*, and *Screen Recording*
- Prevent web content
 - **Settings > Screen Time > Content & Privacy Restrictions**
 - Tap **Web Content**
 - Choose *Unrestricted Access*, *Limited Adult Websites*, or *Allowed Websites Only*

APPLE



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Wrap-Up

- 1) Questions?
- 2) What has been most helpful?
- 3) What will you try this week?





Please click on the link in the chat or use the QR code below to sign in and to complete the survey.

Thank you!
Questions?

