

CHOOSING CHILDREN, CHOOSING CHILDHOOD

≈ CONNECTING with OUR KIDS ≈

« DIS-Connect to RE-Connect »»



CHOOSE CAREFULLY: Prolonged daily exposure to repetitive, violent, gloomy, and/or sexualized content on phones, tablets, computers, and gaming systems can have a harmful effect on growing brains—not to mention impressionable young minds and hearts. ***Be careful who and what you invite into your home and hearts electronically in the form of “entertainment.”***

CHOOSE MINDFULLY: In a society where anxiety, depression, addiction, ADHD, loneliness, sleep deprivation, and obesity are all too common, it’s important to be careful what we expose children to in their developing years. So many activities that are good for body, mind, spirit, and social connection are missed when precious play time is spent online. ***Choose mentally healthy activities that promote self-regulation and a positive, empowered outlook on life.***



CHOOSE CHILDHOOD by keeping it real and balanced! Active, energizing, real world play can help children reconnect with family, friends, and themselves. Read, write, draw, play board games, blow bubbles, talk, run, swing, slide, bike, swim, climb . . . ***Have many “screen-free” times (like meals) and places (like bedrooms).*** Get back to nature! Get back to family! Get back to friends! Get back to YOU!

CHOOSE TO SHARE and CARE by viewing and playing together online for short periods with your child. Be a role model and have great conversations afterwards. Show how technology can be a tool for learning and productivity, not just a toy. Teach internet safety and etiquette. Good “digital citizenship” is important. (Please see monthly lesson on school website). ***Always recharge mobile devices in the parents’ bedroom at night. Technology is never for children’s “private” or late-night use.***

Symptoms of Internet Addiction:

- spending hours online
- becoming irritable when interrupted during web use
- feeling guilty about how much time is spent online
- isolation from family and friends due to excessive online activity
- a sense of euphoria when online and panic when offline

Healthier, Happier Screen Time Limits

**Weekdays: up to 60
minutes per day max.**

**Weekends: up to 90
minutes per day max.**

“Phubbing”: or “snubbing
by phone” is paying more
attention to your phone
than your family and
friends. Not cool!