

Wendi M. Schirvar, Phd, NCSP

Helping your family unplug.

Extensive, unchecked media use can have direct effect on the development of children, teens and families. Research shows increased screen time is associated with higher rates of childhood obesity, behavior problems, ADHD, poor sleep, reduced physical activity and poor school performance.



We know this, but are we willing to do what it takes to unplug? Remember! You are still in charge of this outcome. And here is a short list on some easy steps you can take to decrease negative effects of overuse.

Model what you want to see in them

Limit your use! Ban phones from meals; dock at night; take tv and computers out of the bedroom; leave your phone in the car; turn

off!"; set active play and relaxation times; decrease screen time; establish healthy impulse control and emotional regulation.

1

LIMIT USE

- Clear Boundaries
- Monitor
- Privilege=responsib

2

COAT OF ARMS

What makes your family unique?. Set family rules around media and other areas too!

3

INCREASE BONDING

Families that combine bonding with discipline actually have better results.



Reduce YOUR use. Children model what they see . Risky behaviors increase - with increase parental use of media.

Have specific expectations
It's okay to say OFF!
Teach them impulse control and emotion regulation.

Don't be afraid to take them away!
Media is a privilege. If this is a behavior motivator use it but don't over use

