Parenting & Technology:
Helping your Grade 4-6 Avoid the Risks

Did you know?

⇒ 88% of children ages 10 to 12 years old understand the impact of texting on their language skills

⇒ Kids spend eight hours a day using technology if you   include background television

⇒ 45% of 8 - 11 year old's use social networking websites

⇒ 10% of 10 to 11 year old's have been cyberbullied

⇒ 75% of children have TV's in their bedrooms

⇒ 50% of North American homes have the TV on all day

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In todays world, technology is unavoidable. This series of nine newsletters will give parents practical tools to encourage a balance between screen time and time away from electronics for their family.

Screen Time: Any exposure to an electronic screen (television, smart phone, tablet, hand-held video game player, or computer)

We previously discussed the risks and downsides of technology. This newsletter will focus on practical and hands-on ways to avoid the risks.

Setting Daily Limits

Allocate time allowed for technology. Parent's who set a certain amount of appropriate screen time per day have concluded the difference it has made not only for their child but for their family. Ask other parents or consult the internet, but ultimately you are the best judge of your child and family and know what appropriate time looks like.

Utilize Extra-Curricular Activities

The less time there is to be bored, the less time there is to miss technology. Sports, community groups, volunteering or any other form of being away from the house is a great place to move away from the screen. Not only will your child develop the feeling of being apart of something tangible, they will not feel the need to be attached to a device throughout the day. Between school, meals and an extra-curricular, there is less time be online!

Be Intentional

When it comes time for your children to use technology, go about it in such a way that will make the short amount of time well worth it. Allow them to watch their favorite show or play their favorite online game—although they may feel sad when it's time to put it away, it will feel much more appreciated when it's something they love.

For more information check out:

https://journal.thriveglobal.com/will-technology-ruin-your-childrens-development-663351c76974

http://www.parenting.com/blogs/screen-play/jeana-lee-tahnk/media-consumption-statistics-how-does-your-kid-compare