PLAY

Through Technology

is a way to *inspire* and *learn*, but when is it too much

Technology Advice to Help Prevent Eyestrain:

Our #1 Rule! Every 20 minutes, take a 20 second break and look 20 feet away.

- Choose a comfortable, supportive chair so that the child's feet are on the ground
- Limit leisure screen time to **2 hours/day**- Media extends far beyond TV. Cell phones and tablets allow children to play games and watch videos *anywhere*.
    - o **Track Your Media**: Start by making a list of you and your children's media devices. Track their media use by device. You will be surprised how quickly it adds up.
- Take notice if children are squinting or rubbing their eyes
- Remind children to hold the device at a proper distance
- Adjust lighting
  ESTABLISH TIME LIMITS: Remember that kids do not have awareness of the time they spend on digital devices. They DO NOT self limit.

Pre-School/Kindergarten	Elementary	Middle/High School
-2 hours or fewer -Increase font size	-Cell phones- quick tasks only! -Take frequent breaks -Hold device equivalent distance to child's forearm	-Place screen 20-28 in from child's eyes -Align top of screen at eye level -Use phones for texting, not reading articles or documents Breaks every hour

Advice to Parents:

- Develop a plan/rules, communicate these rules and enforce them!
  - Family media Time Calculator: www.healthychildren.org/MediaUsePlan
- Develop some alternatives to media use
  - "Swap Out"- Swap out 30 minutes of media consumption for a non-media activity (sports, board games, face to face conversation, etc.)
  - Cell phone STOP station- leave phones in this area, determine times that they can be used
  - Media Time Out- Pick a block of extended time with no media use
  - Keep media out of children's bedrooms

Books to reference:

- The Big Disconnect: Protecting Childhood and Family Relationships in a Digital Age
  - By Catherin Steiner-Adair EdD and Teresa H. Barker
- Screenwise: Helping Kids Thrive (and Survive) in Their Digital World
  - By Deborah Heitner
- Reclaiming Conversation: The Power of Talk in the Digital Age
  - By Sherry Turkle
- Parenting in the Digital Age: The Truth behind Media's Effect on Children and What to Do About It
  - By Bill Ratner
- The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life
  - By Anya Kamenetz
- Right Click: Parenting Your Teenager in a Digital Media World
  - By Art Bamford and Kara Powell