



Parents Know Series

# Healthy Screen Habits for Kids and Teens

Understanding Impact and Taking Action



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## Tech as an Age Appropriate TOOL -- Use Mindfully, Guide Wisely



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## Solutions: Craft a New Plan After Tech Reset or Digital Detox

- Establishes Neurological Baseline
- Big Improvements in Many Areas
- Teaches Kids & Teens How to Take A Tech Break in The Future
- Should be done yearly if not more
- Requires Careful Pre-Planning
- Safety Plan Established Prior
- Reintroduce Better Routines After
- 3rd Party Guidance if parents are too busy to prep, confidently lead



## Solution: Define Values & Responsible Use

- Clear expectations online and values
- Technology access is a **privilege** with dangers that youth can't recognize
- Don't make assumptions
  - Talk about what's illegal & unethical, and unhealthy
- Teach responsible online etiquette
- Head off "I didn't know" situations
- Wait until 18 for social and gaming
- Acknowledge need for a new plan

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## New Golden Standard: **Distraction Free** and **SAFE** phones Easy to Monitor and Limit Apps, Texts

- Gabb Phone, Bark, Pinwheel Phone
- **Don't gift technology, then it is not a privilege- it is THEIRS.** Parents need to thoughtfully approve & monitor apps
- Avoid AppleWatch, put watches in backpack not on bodies



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## Embrace New Info: A Free Pass "Back Step" and Reset & Rethink Screen Time

Don't be afraid to **use new research and information as an excuse to make changes**

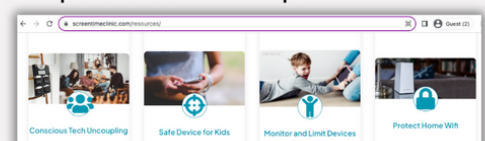
- New urgency to protect minors as AI design is stronger captivating attention & online predators/shocking content more prolific
- Admitting knowledge gaps, need to make changes shows empathy & flexibility & good conversation modeling **without guilt!**

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## NEW Best Practices: Delay Social Media & Gaming 16+ All Ages Reduce Leisure Screen Time to **Less Than Daily**

- Have a Clear Screen and Safety Plan **Parent intervention is absolutely essential** USA internet is boundless & unregulated
- **Guide & educate** but don't **wait or expect to convince or constant argue.** Use 3rd party software to protect & limit.
- **Get Professional Help** if there are problems to **thoughtfully introduce solutions** and preserve relationships!



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Conscious Tech Uncoupling



Safe Device for Kids



Monitor and Limit Devices



Protect Home Wifi

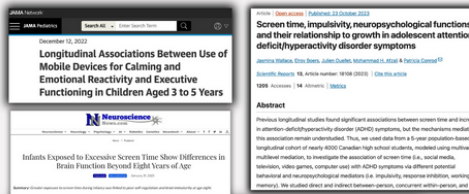
## Goal: Open the Door, Not the Laptop: 3-6-9-12 Framework

- No screens before age 3
- Age 3-6 should be parent led activities without screens, video chat
- Age 6-9 Structured time guided by parents with real in person friends & play groups, no internet access, co-watch movies
- Age 9-12 Explore guidance by others via school and other groups
- Age 12+ Consider allowing media access, but use limits and content guidance

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## Screen Modification Request Helps Limit Screen Time at School



**Screen time linked to increased odds of children developing OCD - study**  
 Preteens who spend too much time glued to screens have higher odds of developing Obsessive Compulsive Disorder, study finds

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 DIGITAL WELLNESS EDUCATION & SPECIALIZED COACHING

Medical Note

Patient's name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Email address: \_\_\_\_\_ Date: \_\_\_\_\_  
 City: \_\_\_\_\_ Phone: \_\_\_\_\_

**Work or School Technology Modification Request**

The above patient has been referred to Screen Time Clinic for a comprehensive assessment of their digital wellness. The assessment includes a review of their current digital habits, a discussion of the risks of excessive screen time, and a recommendation for a personalized digital wellness plan. The plan includes a request for a modification of their work or school technology policy to allow for a more balanced and healthy relationship with technology.

**Recommendation:** \_\_\_\_\_

Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_

www.ScreenTimeClinic.com/referral

## Questions?

✓ Visit us online for more FREE resources

✓ Purchase Media Guide

presentation content & printables

✓ Schedule a FREE 1-1 Discovery Call

www.ScreenTimeClinic.com/Nicole

### Screen Smart Guide For Littles

- Smart Screen Swaps • Choices Start young**
- Know your child's risk factors for electronic screen syndrome (ESS), including premature birth, autism spectrum, developmental delays
  - NO screen time recommended for all children for ALL titles under 2 years old (including viewing media on TV) by AAP/ACDC but best practice is NO screen time until 7 years old for brain development
  - Choose quality shows and delay social media and gaming until 18
  - Swap iPhones and iPads for distraction free devices, fewer apps
  - Choose based on content and style of program, not child's enjoyment/fascination. Show/character obsession = overstimulation
  - Identify and avoid types of over-stimulating programs, watch from far away, not handheld. Even 30 minutes causes overstimulation
  - Limit time viewing to less than 1 hour per day over 2 years old if you must. No gaming or interactive screen time is safe due to addictive design & predator risks. YouTube Kids is not safe platform. Swap for longer shows
  - Avoid animated, fast moving scenes, multiple sounds at once
  - Interactive, high contrast, bright colors. Swap background TV to background music instead or podcasts
  - Use real books, paper activities, outdoor time to teach and learn
  - 2D learning for littles does not translate over to real life skills. Don't use screens while eating, swap for coloring, reading, wiggling
  - Instead of using screen time as a reward, schedule intentional time but not every day to prevent addiction
  - Protect eyes: swap laptops for far away big screen! Passive viewing is better than interactive, even most educational games are addictive
  - Choose audio books screen-free storyline or smart speakers for music, more frequent bath time, quiet time, sleep-in-training with early bedtimes
  - Instead of using TV as a babysitter, reach out to elderly neighbor, co-op play group, mother's helper, or playmates
  - View slow TV programming together for bonding, talk about what you see, rather than cartoons
  - Instead of occupying littles on screens, involve them in cooking, cleaning, workout time
  - Never use tech to solve tantrums, choose dance, music or teach self-soothing techniques
  - View slow TV programming together for bonding, talk about what you see, rather than cartoons

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Your Comprehensive Family Media Guide for Sustained Digital Wellness

