

# Navigating Screen Time

## How We Can Use Screens with Intention



### CONNECTION

Screen time can be the perfect time for connection by "tuning in" to your child's interests. By "tuning in" and asking questions, we are paving the way for open communication about what is happening on their screens as they get older. Early open communication can prevent secretive and private use of screens later on.

Connection can also look like using zoom or other virtual communication platforms to stay in touch with family when the child may not be able to interact with them in person.

Research has shown that the amount of time spent on the screen isn't necessarily as important as the CONTENT. By spending time watching or playing via screens, children learn social emotional skills, vocabulary and language, shapes, counting, and much more!



### LEARNING

A common concern about screen time is the potential power struggle that comes with asking your child to go to another activity such as dinner, sleep, or school work. Spending time on screens can help with these transitions by offering opportunities to practice as a family!

#### *Practicing Transitions from Screens:*

- Let your child know that you understand just how hard it can be to put screens away. Work together!
- Have each person choose an activity on the screen that they enjoy "a little bit" but not something they LOVE.
- Set a timer for 5 minutes and engage in the enjoyed activity. When the timer goes off, stop screen use for one minute.
- Resume screen use with set timer. When timer sounds, stop for two minutes....Continue with this pattern.



### TRANSITIONS