

TIME.



We all have different ideas about how much screen time is too much, and you can find research that advocates strict limits and other research that advocates no limits. And everything in between! I have been intrigued recently with what some researchers refer to as the “Goldilocks” amount of tech consumption; not too much, but not too little either.

THE FACT IS, TECHNOLOGY IS A REALITY AND WE HAVE TO HELP TEACH KIDS HOW TO DEVELOP THEIR OWN BOUNDARIES AROUND TECH USE.





I like using the food analogy when it comes to kids and screens; some will have an easy time creating their own boundaries (those are like the people who can eat 1-2 cookies and then walk away) and other kids will literally have to have the screen ripped from their hands (those are like the people who have to eat every cookie in the package). We all come at this with a different amount of interest in the device and a different level of self control.

AS A RESULT, HEALTHY BOUNDARIES WILL LOOK DIFFERENT FOR EVERYONE. AND REMEMBER, SOME CONSUMPTION CAN BE BENEFICIAL.

But, if you are battling a child to get off a device, you may want to think about reframing the way you think about tech time. I am a big fan of Larry Rosen's work on tech breaks, which essentially encourages us to think less about overall hours of tech we consume in a day, but rather to focus on how much tech we consume in one sitting/stretch. So for example, several 30 minutes tech sessions a day may be better for us than 1 two hour continuous session. And when we take a break it has to be non-tech related. I like this approach for two reasons.

1ST I HAVE FOUND THAT KIDS I WORK WITH ARE MORE AMENABLE TO THIS AS IT GIVES THEM A CHANCE TO COME BACK TO WHATEVER IT IS THAT THEY LOVE (I KNOW MANY KIDS WHO TREAT THEMSELVES WITH TECHNOLOGY AFTER A SOLID STUDY SESSION).

2ND IT ALLOWS THEM TO GET ALL THE POSITIVES OF TECHNOLOGY (CONNECTING WITH PEERS, RELAXATION/DISTRESSING, ETC) MULTIPLE TIMES A DAY.





ULTIMATELY THOUGH, THE KEY THING IS THAT FAMILIES HAVE TO WORK ON CREATING HEALTHY TECH BOUNDARIES TOGETHER.

Whatever goal you select (i.e. no phones at dinner, limits on nightly consumption) it has to be a goal that you are all working toward. We cannot ask them to do what we do not do, so it is important that the adults follow the same rules. Teenagers love nothing more than a hypocritical adult!