

CHILDREN AND SCREENS

What Do We Know and What Can You Do?



Solana Beach School District Parents

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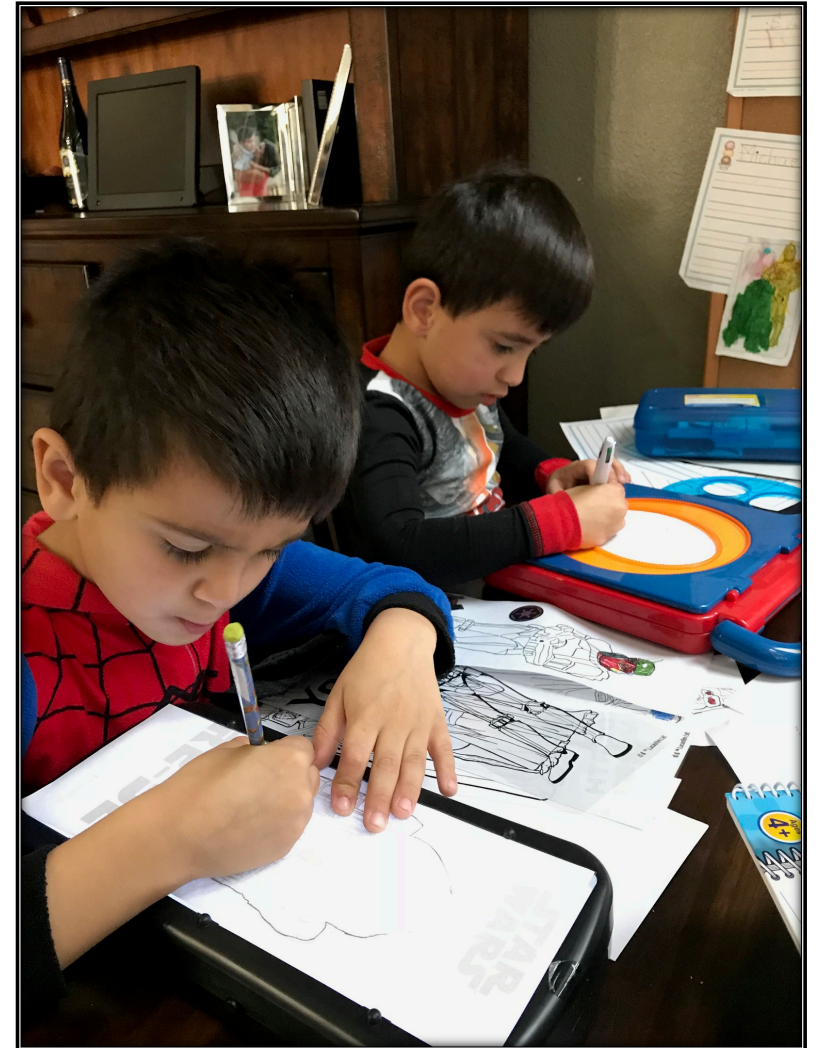
WHO AM I?

- Professor/Research Scientist for 45 Years
- Taught a Variety of Courses Including:
 - ✓ Child Development
 - ✓ Behavior Modification
 - ✓ The “Psychology of Technology”
 - ✓ Research and Statistics
- Research on the Impact of Technology with Children, Pre-Teens, Teenagers, Millennials for Past 35 Years
- Speak Often to Parents, Teachers, Students
- Wrote Books on Parenting, Education, Distraction, Mental Health and How They Relate to Technology

MY FAMILY



THE GRANDKIDS



OVERVIEW OF TONIGHT'S TALK

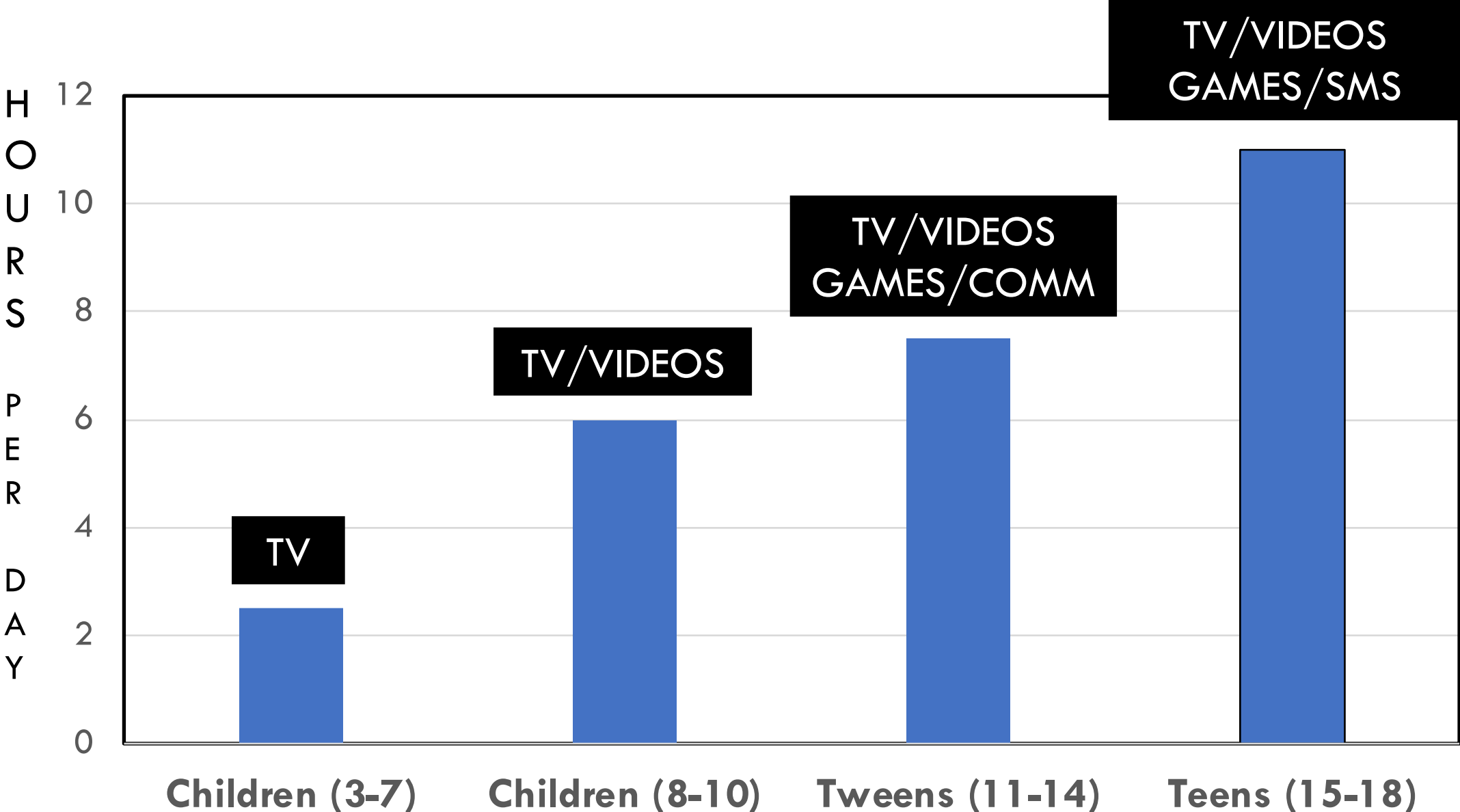
- Screen Time: The Good, The Bad, The Ugly
- Some Research (not much on kids)
- General Parenting Tips
- The “Good Home Behavior Game”
- Q&A

**The American Academy of Pediatrics
Recommends That Children Younger
Than 2 Avoid ALL SCREEN TIME except
video chatting. Children 2-5 Should
Have No More Than 1 Hour of High-
Quality Children's Programming Per
Day**

SCREEN TIME

- Between 2000 and 2019:
 - ✓ Screen Time Doubled for All Ages
 - ✓ Gaming Quadrupled for Older Children, Pre-Tees, Teens
- Many Young People Use Screens for Long Periods of Time Without Breaks (or Supervision)
- Many Young People Use Screens Right Up to Bedtime

AVERAGE HOURS PER DAY SCREEN TIME BY AGE AND PREFERRED SCREEN USE



THE GOOD

(Video Gaming and Other Screen Activities)

- Command Attention: Feeling Immersed, Focused, Being in the Flow
- Helps Develop Eye-Hand Coordination (Video Gaming)
- Develops Detail Orientation
- Enhances Working Memory
- Augments Visual Tracking Abilities
- Tunes Multitasking/Task Switching Prowess
- Promotes (online) Connections

THE BAD AND THE UGLY

- May Lead to Addiction
- May Foster Obsession
- May Promote Cyberbullying (Behind the Screen)
- Promotes Distraction
 - ✓ Limits Deep Processing
 - ✓ Decreases Learning and Memory
- Fosters Mood Changes
- Presents Violent Content (controversial)
- Displaces Other Activities – Exercise, f2f Socializing, Academics, Sleep, Good Eating Choices, Family Time

RESEARCH ON CHILDREN

Study of 6–14-year-olds in India

- More Screen Time →
 - ✓ Reduced Physical Well-Being
 - ✓ Lower Academic Achievement
 - ✓ Worse Behavior at Home/School
 - ✓ Worse Social Relationships

RESEARCH ON CHILDREN

Review of Research on Children Through Early 2020

- Reduced Attention
- Decreased Cognitive Control/Executive Functions
 - ✓ Reduced Inhibition
 - ✓ Increased Attentional Inertia (zombie)
 - ✓ Reduced Working Memory
 - ✓ Less Patience (Fast-Paced TV)

RESEARCH ON CHILDREN

The ABCD Study

- 11,875 children age 9-10 (starting third year)
- Follow for 10 years: Annual Survey & Brain Scans
- More Screen Time Predicts Higher BMI
- More Screen Time Predicts More Psychopathology
- More Screen Time Predicts Reduced Fluid Intelligence (abstract reasoning for novel problems)
- More Screen Time Predicts Reduced Crystallized Intelligence (Knowledge, Vocabulary, Basic Reasoning)
- More Screen Time Related to increases in Reward System
- More Screen Time Related to Early Cortical Thinning (interprets information from the physical world)

WHAT CAN YOU DO?

SOME GENERAL PARENTING TIPS

- No More Than 30 Minutes [Timed] Non-Educational Screen Time at One Sitting Followed by Equal or Longer Time Without Screens
- Activities That Calm the Brain:
 - ✓ Nature
 - ✓ Arts and Crafts, Puzzles
 - ✓ Assembly Toys (e.g., Legos)
 - ✓ Books
 - ✓ Board Games
 - ✓ Outside Sports
 - ✓ Cooking
 - ✓ Exercise (Dancing, Running, Indoor Sports)

WHAT CAN YOU DO?

SOME MORE GENERAL PARENTING STRATEGIES

- Create Screen-Free Zones (Dinner Table, TV Watching, Their Bedroom?)
- Role Model Good Behavior
- Remove Phone From Sleep Area 30-60 Minutes Prior to Bedtime
- Use an Authoritative Parenting Style (calmly set and adhere to limits with caring ... but limits are limits)
- Have Family Discussions (short, on the floor, collaborative, not judgmental, calm, calm, calm)
- As often as possible allow your child breaks from technology or schoolwork which helps decrease stress and increase learning.

THE GOOD HOME BEHAVIOR GAME

- Adapted From GBG Used in Schools
- Promotes Acceptable Behaviors While Ignoring Unacceptable Behaviors
- Works on the Principles of Positive Reinforcement, Extinction and Delayed Gratification
- DOES NOT INCLUDE PUNISHMENT

THE GOOD HOME BEHAVIOR GAME

Selecting “Reinforcers”

- Ask Your Child if He/She Prefers Stickers or Stars (some older kids prefer handwritten stars or check marks)
- Purchase Lots of These Before Starting and Involve the Child in the Selection



THE GOOD HOME BEHAVIOR GAME

- Start by Talking to Your Child (equal height) About Which Behaviors “They” Feel Need to be Improved.
 - ✓ Come equipped with your own list
- Select a maximum of 5 of These Behaviors (5 is actually best)
- Create Your Good Home Behavior Game By Selecting the Behaviors

EXAMPLE OF BEHAVIORS →

THE GOOD HOME BEHAVIOR GAME

Sample Good Behaviors

- Brush teeth without being asked
- Put on clothes in the morning by yourself
- Quit screen time (TV, Video Games, etc.) when timer goes off or mom or dad tell you time is up
- Be polite to your family members
- Do your schoolwork without being reminded

NOTE: IT IS GOOD TO START WITH AT LEAST ONE BEHAVIOR THAT YOUR CHILD IS USUALLY DOING WELL TO GET STARS FROM THE BEGINNING

THE GOOD HOME BEHAVIOR GAME CHART

Good Behaviors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brush teeth without being asked							
Put on clothes in the morning by yourself							
Quit screen time (TV, Video Games, etc.) when timer goes off or mom or dad tell you time is up							
Be polite to your family members							
Do your schoolwork without being reminded							

NOTE: For Very Young Children (Pre-Readers) Use Pictures to Represent Each Good Behavior

THE “CONCISE” GOOD HOME BEHAVIOR GAME CHART

Good Behaviors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brush teeth							
Put on clothes in the morning							
Quit screen time when time is up							
Be polite to your family							
Do your schoolwork							

THE GOOD HOME BEHAVIOR GAME STORE

- The “Store” is Personal for Each Child
- It Should Include “Rewards” That the Child Would Like to Earn
- Best Rewards are Activities
 - ✓ Extra Screen Time
 - ✓ Play With Mom or Dad Alone for 30 Minutes
 - ✓ Get to Stay Up 15/30 Minutes Later
 - ✓ Get to Go Get Ice Cream
- Try to Avoid “Tangible” Rewards Unless They are Small Ones
- When Items are “Purchased” From the Store, The Stars are Checked Off to Show that They Have Been Used (Do not remove them!)
- You Might Also Choose to Include One Large, but not too Expensive “reward” Such as a Lego Set. For this you Keep a Running Total at the Bottom or on a Separate Sheet and Count ALL Stars Including Those Already Used.

THE GOOD HOME BEHAVIOR GAME SAMPLE STORE

- Assign “Costs” for Each Item in Your Store. Let Your Child Negotiate With You on This and Let Him/Her Win Some of Those Negotiations
- Make the Least Expensive Reward Equal to 30% to 50% of the Weekly Maximum Possible Stars
- Assign a Large Cost for any Big Items (You Should Only Have 1 or 2 of These)

DANNY’S GOOD BEHAVIOR GAME STORE

- 15 Minutes of Extra Screen Time Costs 30 Stars
- Play With Mom or Dad Alone for 30 Minutes Costs 40 Stars
- Large Lego Set Costs 200 Stars

NOTE: When Counting Possible Weekly Stars Note that Some Activities Occur Once a Day While Others Can Occur More Than Once a Day

“PLAYING” THE GOOD HOME BEHAVIOR GAME

- Have a Family Discussion to Go Over the Rules and How the Game Will Work – Create Behaviors and Store
- Works Best If You Assess Each Good Behavior Twice a Day, Perhaps Mid-Day and at Bedtime, Particularly if the “not so good” Behaviors Have Been Going on For Quite a While
- Some Good Behaviors (e.g., “Make Your Bed in the Morning”) Will Only Need to Be Checked and a Star Given Once a Day

“PLAYING” THE GOOD HOME BEHAVIOR GAME

Awarding Stars

- Make Awarding Stars a Big Deal With Fanfare (Verbal or Physical or Both)
- When a Star is Awarded Have the Child Affix the Stars
- For Each Good Behavior ask the Child: *“Did You Do This Good Behavior So Far Today?”* or *“ ... Between the Daytime Stars and Now?”* if This is the Second Star Award for the Day For That Behavior
- **Remain Calm!** Use a Neutral Tone of Voice and if Your Child Did Not Earn a Star for Some Behavior Just Say, *“I know that you will do better on this the next time.”*
- NOTE: When You Start The Game It Is OK To Award A SPECIAL Star On The Spot To Provide Immediate Reinforcement

“PLAYING” THE GOOD HOME BEHAVIOR GAME

WHAT MAKES IT WORK?





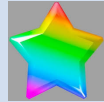
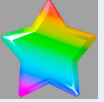



- Be Consistent. If You Are Awarding Stars Twice a Day Try to Do it Around the Same Time Each Day.
- Heap Lots of Positive Verbal/Physical Reinforcement With Every Star
- Use a Calm Voice (non-punitive) When a Star is Not Awarded and Follow With a Statement That You Are Sure That the Child Will Do it Better the Next Time
- Encourage the Child to Keep Checking the Store for Possible “Rewards” or Getting Close to an Award
- “CATCH THEM BEING GOOD” – When the Child Does Something Good Feel Free to Give “Bonus” Stars!

“PLAYING” THE GOOD HOME BEHAVIOR GAME

WHAT MAKES IT FAIL?

- Not Being Consistent in Awarding Stars at the Agreed-Upon Time(s)
- Not Providing Verbal/Physical Reinforcement Along With Stars
- Not Restating Why The Star Is Being Awarded
- Being Rigid About the Stars: Be Flexible, Kind and Accept “Close to the Behavior” Rather Than Expecting Perfection
- Not Encouraging the Child to Pay Attention to the Store
- Not Speaking Calmly
- Altering the System (Taking Away Items that are Part of the Game)
- Any Form of Punishment or Anything Punitive

DANNY'S GOOD HOME BEHAVIOR GAME

Good Behaviors	Monday		Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
	AM	PM	AM	PM					
Brush teeth									
Put on clothes in the morning									
Quit screen time when time is up				+1*					
Be polite to your family									
Do your schoolwork									
RUNNING TOTAL	3		9+1*=10						

***BONUS**

**FEEL FREE TO REACH OUT TO ME BY EMAIL
WITH ANY QUESTIONS OR CONCERNS YOU
MIGHT HAVE.**

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