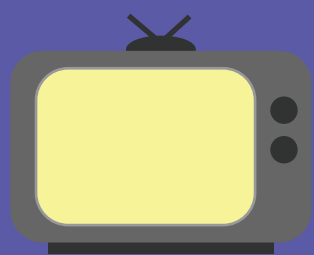


KIDS & SCREEN TIME

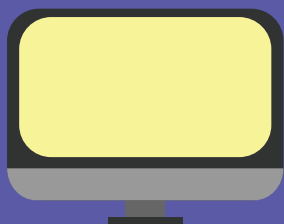
Children are spending more time in front of screens than ever before and it's important for parents to understand the effect and consequences.

WHAT IS SCREEN TIME?

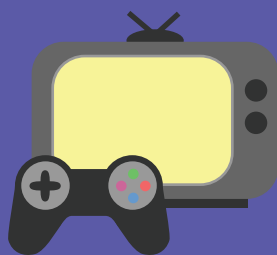
Screen Time is the amount of time spent in front of a screen or electronic media. It includes any sedentary activity in front of a screen such as:



Watching Television



Working on the computer



Playing video games



Using a tablet or smartphone

SCREEN TIME IS A WORLDWIDE CONCERN

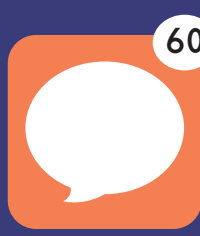
Adolescents are the most connected generation and according to a UNICEF survey, children under the age of 18 represent 1 in 3 Internet users worldwide.³



Children are learning how to use tech before they learn how to talk, walk, and tie their own shoes⁴



...That's 2.5 hours more than it was over a decade ago according to the American Academy of Pediatrics⁷

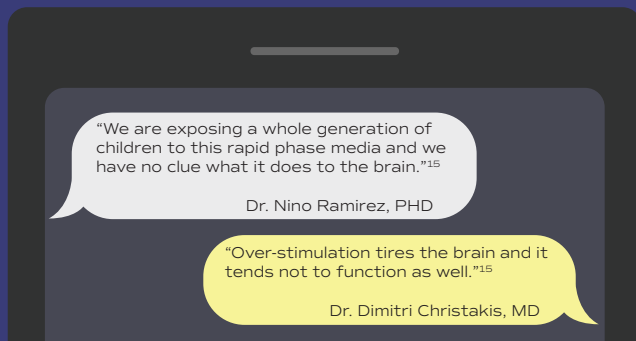


Half of the children aged 12-17 send or receive **60** or more text messages a day and an average of **34** texts a night after they get into bed⁹

72% of teens

...feel the need to respond immediately to texts, social media, messages, and other notifications⁸

48% of parents



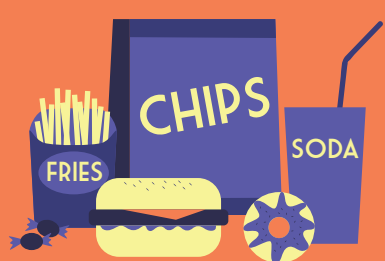
SCREEN TIME CONSEQUENCES:

While screens provide endless entertainment as well as educational content, unlimited screen time can be harmful.¹⁰



Advertisements

Marketing companies spent **\$17 billion** on marketing to children, double what it was in 1992¹²



Obesity

Children consume an additional **167 calories** with every hour of television¹¹

Disrupts sleep & desynchronizes the body clock²

Desensitizes the brain's reward system²

Wired & tired

Sensory overload



80%

Of kids report burning, itchy, or tired eyes after long periods of device use¹⁴



4

Hours of daily screen time is linked to a full grade level drop in average GPA¹³

Induces acute and chronic stress produced changes in brain chemistry that can cause hyperarousal²

Exposure to screen-based light before or during sleep causes depression and even suicide⁵

HOW CAN P.E.T. HELP?

Children have nothing to gain and lots to lose from spending too much time in front of a screen. If you are a parent and are concerned with your child's screen habits, here are some of the options offered in P.E.T.:



MODELING

Adults are affected by screen time as well, but they also have a better sense of self-control. Children learn by copying the behavior of the adults around them, so it's important to be good role models.

Example: Not having your phone out while you're talking with your child or partner; maintain eye contact and use Basic and Active Listening skills.



MODIFYING THE ENVIRONMENT

There are multiple ways you can modify the physical environment to prevent or minimize behavior that causes problems. Parents and children should seek mutual agreement before making physical changes.

Example: The parents move TV out of view from the dining area; create separate room or area for TV, video games away from dining room or bedrooms.



CONFRONTIVE I-MESSAGES

This is the message a parent sends to the child when the parent owns a problem (the child is doing or saying something unacceptable to the parent). It contains three parts: a non-blameful description of the specific behavior, the effects that the behavior is having on the parent, and the feeling the parent experiences due to the child's behavior.

Example: "When I want to talk with you about our plans this weekend, I am really annoyed because you're on your phone and not answering me or remembering what I just asked you."



METHOD III PROBLEM SOLVING

When people participate in making their rules, they are much more likely to follow them - this applies to children. A child is more motivated to follow the rules because they're not handed down by the parent. Parent doesn't need to enforce the rules. Child learns self-discipline and responsibility. Child is less resistant and rebellious. Solutions are more likely realistic in terms of both parent's and child's needs.

Example: As a family you all sit down and talk about screen time during dinner and based on everyone's needs, work out a solution that works for everyone.



Our training programs (developed by Dr. Thomas Gordon) have been offered in over 50 countries. The skills are universal and can be applied to any situation, and in any relationship.

Want to learn more or find out when a workshop is happening near you? Call us today!

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