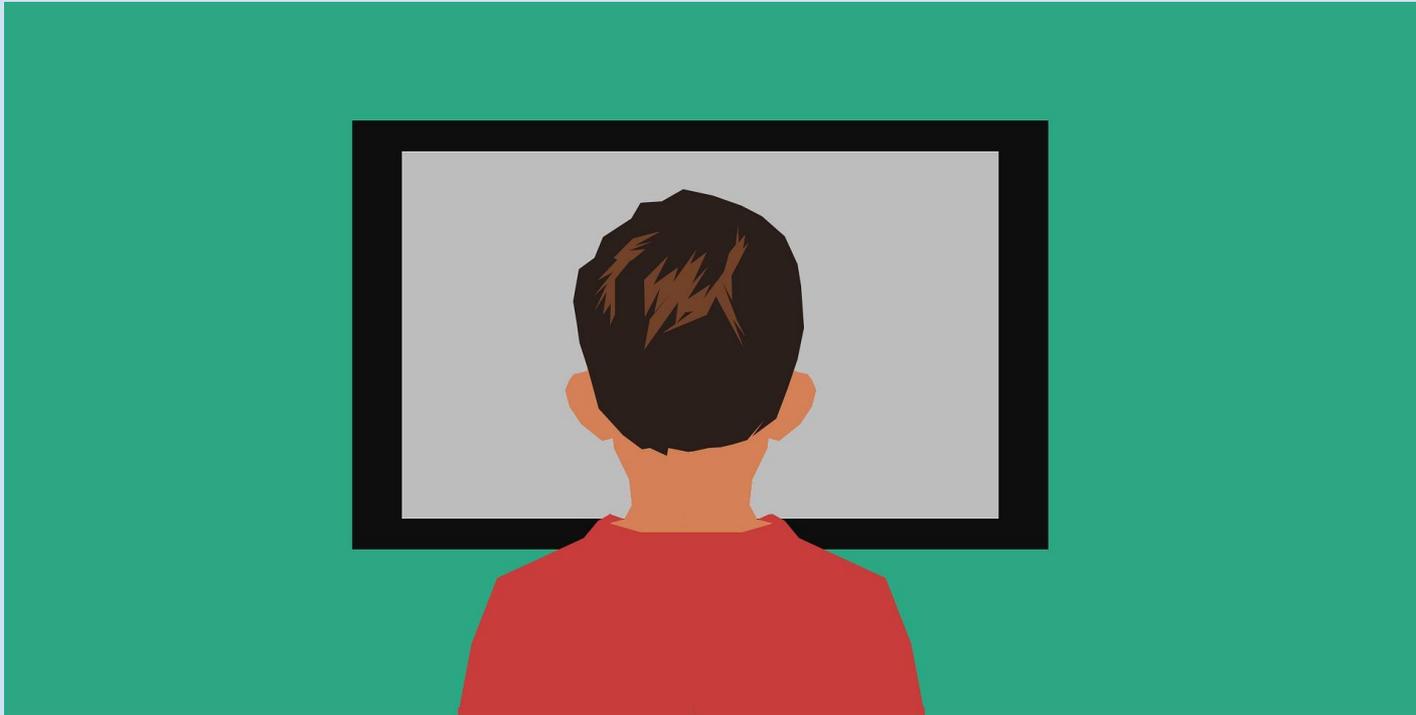


Screen Hygiene Workshop

by Jen Dryer & Gabriele Nicolet, Raising Orchid Kids



What NOT to Expect in this Workshop

- Shaming
- Strict guidelines
- One-size fits all approach
- Screens are bad

What to Expect in this Workshop

- Questions to ask yourself
- A tiny bit of brain science
- Strategies for problem solving
- Customizable frameworks



Questions to ask yourself

What are your own screen habits?

What are you modeling for your children?

What are your “house rules” for screens?

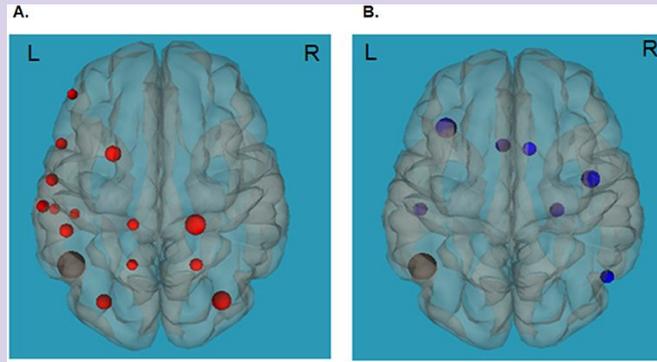
Do you have clarity around those?

Do you like your rules (and your reasons for having them?)

Do you and your parenting partner agree on screen use?



How screens affect brains



“Pruning” unused pathways

Sleep disturbances - in both amount and quality of sleep

Increased Dopamine levels

Increased impulsivity

Changes in Attention

Benefits of Screens

(There are some!!)

- Opportunities for connection
 - Conversation skills
 - Teamwork
- Provide learning and information
 - BrainPop & other such sites
- Leisure and fun
- Development of digital skills
- Source of comfort for some kids



Transitioning away from screens

- Plan for LOTS of repetition
- Figure out in advance how/where you can be consistent with limits
- Discuss limits with your child
- Allow your child to struggle some
- Practice nonscreen activities during a 'neutral' time



Guidelines

- Remember those antecedents – let your child know how much time they have
- Have a Digital Curfew
- Co-watch with the kids (talk about what you watch)
- No screens outside
- Turn off ‘background’ screens
- Work toward Screen-free bedrooms and meals
- Consider putting a screentime contract in place (Common Sense Media has some)



Lose the self-judgment & make small course corrections over time

** Pace yourself and don't expect shifts overnight – small steps are the way to build lasting change

Takes work and thoughtful interventions

Pay close attention to your child:
how long is “too long” for *them*?
how long does it take them to learn new routines?

Pay attention to you:
what are you modeling?
are you being consistent?



Questions or thoughts?
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