

Managing Screen Time

Catherine Steiner-Adair EdD of the The Big Disconnect has these recommendations for families and managing the wave of technology

1. Recognize the pervasive presence of tech in today's world. Develop a family philosophy about using it that reflects and supports the family values and well being. Whether you are a low-tech, mid-tech or high tech family, have your own ways of non-tech and tech hanging out, messing around, geeking out.
2. As a family encourage play and play together
3. Nourish meaningful connection and thoughtful conversation that shares feelings, values, expectations, and optimism.
4. Understand the uniqueness of each person, encourage independence and individual interests and foster their independence in the context of the family.
5. Have built-in mechanisms for healthy disagreement. Parents set limits, act thoughtfully with parental authority and do the hard parenting work of demonstrating accountability , authority, openness, transparency and not just "trust me" but "here's why."
6. Develop and exercise values, wisdom, a link to past and future and have common language that you share with family and friends.
7. Provide experience off-line in which your children can experience and cultivate an inner life,