Parenting the “Plugged In” Child

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Is “Plugging In” Harmful?

- Risk for obesity, sleep disturbance (See AAP Council on Communications and Media, 2011 report)
- Excess use associated with depression/emotional problems (e.g., Page, Cooper, Griew & Jago, 2010)
- May interfere with developmentally critical activities (including sleep)
- May interfere with family life
Benefits of Youth Media Use

- Connect with friends
- Broaden community
- Enhance creative thinking
- Foster sense of identity
- Supplement learning
- Increase access to information
It’s all about BALANCE.
Learning New Media

- Learn as much as possible
  - “Terms of Use”, “Safety” features
  - [www.netlingo.com](http://www.netlingo.com), [www.noslang.com](http://www.noslang.com)
  - [www.netsmartz.org](http://www.netsmartz.org), [www.parentfurther.com](http://www.parentfurther.com)

- Ask your child to teach you!
Teaching Responsible Use

- **Modeling**
  - Healthy media use (and balance)
  - Good citizenship (e.g., abiding by the rules)

- **Direct Conversation**
  - Seek reliable guidance (http://safetynet.aap.org/)

- **Monitoring**
Setting Limits

- **Promote**
  - Health
  - Positive behavior
  - Emotional wellbeing

- **Protect against**
  - Cyber-bullying
  - Access to inappropriate content
Recommendations from the AAP

- Infants < 2 years: 0 hours of screen time/day
- Children > 2 years: <2 hours of screen time/day
- Avoid TV sets and internet connections in bedrooms
- Co-view with children
- Limit nighttime screen media use

AAP Council on Communications and Media (2011)
When to Seek Outside Help

- Cyber-bullying

- Change in your child’s:
  - Mood
  - Enjoyment of non-media activities
  - Sleep
  - Grades/school performance
  - Behavior
  - Ability to participate in family life
References


