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Families & Screens



Let's face it, we are surrounded with technology. We are raising children in a digital age and screens are part of our lives. Parents often wonder if their children are spending too much time in front of screens like phones, computers, laptops, televisions, etc. First, let's discuss how children are affected by too much screen time.

Children learn best when they interact with other children and adults. Some screen time can be educational. Too much screen time has negative impacts on children's health and well-being. Time with screens means time away from other activities. For instance:

- Screen time leaves less time for interaction with family and friends which leads to fewer opportunities to develop problem solving and social skills
- Screen time leads to less physical activity which leads to unhealthy children
- Screen time leads to less reading and talking which leads to lower academic achievement

The problem is screens are fun and kids often want more. So, you might be asking, *how do I limit screen time?*

Limit screen time with these tips:

1. Make a plan for how much screen time you will allow per day (three 20-minute shows? Friday movie night? A computer game while you cook dinner?). Then when your child asks for more, you can say, "Did we use up today's screen time?"
2. Set a timer to help your child know when screen time is up. Use this as a reminder to check in with your child and help them transition to the next activity.
3. Before starting screen use, tell your child what happens after screen time. "When this video is done, we'll eat supper/go to daycare/have a dance party/go outside." If this can be the same every day, the transitions are easier for kids.
4. Make technology work for you. Set passwords for devices. If you're not using screens together, use "guided access" on Apple devices or "screen pinning" on Android devices to limit which apps and shows can be accessed. Set your child up for success by putting TVs and devices on a timer that can be turned on and off with a remote or placing device remotes away from children's reach.



Turn away from your screen. Kids do what we do. Model limited screen use by putting away your phone during meals. Turn your phone off while you play with your child. Describe why you are picking up your device. Children learn from watching adults that screens are just one part of a balanced day.

Practice screen-free activities. Keeping young children entertained can be a difficult task due to their high energy levels. Build healthy habits by guiding children to screen-free activities they enjoy. By

practicing independent, screen-free activities, kids are more likely to want to do these activities.

Screens are a part of life and we can enjoy them a part of a healthy relationship with our children. Here are some practical tips on spending screen time together.

- Make a routine to use your screens together as a family. Read an e-book together with your child on a tablet; watch and talk about a show together; play a video game together.

Upcoming Workshops to Reduce Family Stress:

- Positive Parenting
- Powerful Tools for Caregivers
- Mental Health First Aid
- Money Matters
- Aging Mastery

Call 920-388-7137 or email renee.koenig@wisc.edu for a workshop schedule.

Co-Parenting Classes

The goals of the program are to:

- Eliminate parental conflict in front of children.
- Keep the children out of parents' issues.
- Provide children with access to both parents.
- Put the best interests of the children first.

For more information, contact Renee Koenig, at renee.koenig@wisc.edu.

- Be creative. Take silly pictures or videos. Paint, color, or draw pictures together on an app. Have your child tell you words to type in a text or an email to a loved one.
- Keep active. Dance or do yoga to YouTube videos; play video games that demand jumping, hopping, stretching, and other movement. Screens are a fun way to get everyone moving.
- Quality matters. Choose educational shows and games with no commercials or advertisements. Commonsensemedia.org offers reviews to help parents decide which digital entertainment is child appropriate.
- Practice caution. Teach children about online privacy and safety. Monitor the use of social media and ask older children about the things they post. Find a balance! Experts recommend limiting screens to 1-2 hours per day for children under 5 (and no screens before age 2). Fill your day with other activities first. Make and eat meals together, play, spend time outside, exercise, sleep 10-12 hours per day, read, take a bath, build with blocks, make believe, sing, and then use screens in some of the remaining time.

Adapted from article by Pattie Carroll, Dodge County University Extension Educator

UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION
HUMAN DEVELOPMENT & RELATIONSHIPS PRESENTS



RAISING *Wisconsin's* CHILDREN



Explore parenting tips and learn ways to strengthen your relationship with your child.

Classes offered via Zoom video conferencing

- March 10: Manage Technology before it manages you Part 1: Values + Strategies
- March 17: Manage Technology Before it Manages You Part 2: Family Media Plan
- March 24: Raising Helpful Toddlers
- March 31: Using Gratitude and Savoring for Managing Stress
- April 7: Speaking Your Child's Love Language
- April 14: Developing Good Bedtime Routines
- April 21: Focus on Fathers: Standing Up for Yourself
- April 28: Focus on Fathers: Rock Star, Sports Star, Super Star?
- May 5: Focus on Fathers: Take a deep Breath
- May 12: Focus on Father: Changing the Way You Look at the World
- May 19: Getting Teenagers to Cooperate

Thursdays:

March 10th – May 19th
2022: 7pm – 8pm



Free Webinars!

Registration required at:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_3Vgxj6E7vaar7Ku





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Kewaunee County Home & Community Education (HCE)

For a list of upcoming 2022 events please visit the website for more information <https://kewaunee.extension.wisc.edu/families-finances-wellness/hce/>