Through Technology is a way to inspire and learn, but when is it

Technology Advice to Help Prevent Eyestrain:

Our #1 Rule! Every 20 minutes, take a 20 second break and look 20 feet away.

- Choose a comfortable, supportive chair so that the child's feet are on the ground
- Limit leisure screen time to 2 hours/day - Media extends far beyond TV. Cell phones and tablets allow children to play games and watch videos anywhere.
  - Track Your Media: Start by making a list of you and your children's media devices. Track their media use by device. You will be surprised how quickly it adds up.
- Take notice if children are squinting or rubbing their eyes
- Remind children to hold the device at a proper distance
- Adjust lighting

ESTABLISH TIME LIMITS: Remember that kids do not have awareness of the time they spend on digital devices. They DO NOT self limit.
Advice to Parents:

- Develop a plan/rules, communicate these rules and enforce them!
  - Family media Time Calculator: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)
- Develop some alternatives to media use
  - “Swap Out” - Swap out 30 minutes of media consumption for a non-media activity (sports, board games, face to face conversation, etc.)
  - Cell phone STOP station - leave phones in this area, determine times that they can be used
  - Media Time Out - Pick a block of extended time with no media use
  - Keep media out of children's bedrooms

Books to reference:

- **The Big Disconnect: Protecting Childhood and Family Relationships in a Digital Age**
  - By Catherin Steiner-Adair EdD and Teresa H. Barker
- **Screenwise: Helping Kids Thrive (and Survive) in Their Digital World**
  - By Deborah Heitner
- **Reclaiming Conversation: The Power of Talk in the Digital Age**
  - By Sherry Turkle
- **Parenting in the Digital Age: The Truth behind Media's Effect on Children and What to Do About It**
  - By Bill Ratner
- **The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life**
  - By Anya Kamenetz
- **Right Click: Parenting Your Teenager in a Digital Media World**
  - By Art Bamford and Kara Powell