

An illustration of a child with blonde hair, wearing a blue dress with a white lace collar, playing a video game. The child's hair is decorated with colorful symbols like a star, a swirl, and a heart. In the background, a whiteboard displays various mechanical drawings, including gears, a robotic arm, and a banana. The scene is set against a light green background.

Screen Time, The Brain, and COVID-19

How are we doing?



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The background features a stylized illustration. On the left, a person with blonde hair is shown from the back, wearing a blue top and holding a black video game controller. To the right, a large screen displays a colorful scene with various gears in shades of blue, green, and yellow, and a pink robotic arm. The overall background is a light teal color with faint, decorative elements like a yellow flower-like shape at the top left and some abstract patterns.

**How has screen time use
changed in your family
over the past 3 months?**

An illustration of a child with blonde hair, seen from the back, wearing a blue shirt and holding a video game controller. The child is looking at a large screen displaying a colorful, abstract scene with gears, a robot arm, and various symbols. The background is a light green color.

Limits on screen time probably looks a lot different today than it did even a few months ago...

Be honest with your kids and yourself...with school and socializing happening online, increased screen time is unavoidable, **but** there are still ways you can maintain boundaries

An illustration of a woman with blonde hair wearing a yellow headscarf with a white lace trim, playing a video game. She is holding a black game controller. In the background, a large screen displays a colorful scene with various gears, a robotic arm, and the word 'ell'. The overall background is a light green color.

Tips That Might Help During COVID-19

An illustration of a woman with blonde hair, wearing a blue top and a white lace collar, playing a video game. She is holding a black game controller. In the background, a large screen displays a character whose face is composed of various colorful gears and mechanical parts. The scene is set against a light green background.

**Set Boundaries...As Best
You Can**

Compassion

The background features a soft, pastel illustration. On the left, a child with blonde hair is shown from the back, wearing a blue shirt and holding a video game controller. In the center, a large screen displays a character with a wide, joyful smile, surrounded by various colorful gears and mechanical parts. The overall scene is bright and cheerful, suggesting a positive and engaging digital experience.

- With so much happening in the world that causes increased stress and trauma, unstructured screen time can be an important source of comfort and entertainment for many kids (distraction from the “crazy”)
- Let your kids know that you understand that they may have this need. This is a simple way to reduce stress for everyone.

Brainstorm

- If you are going to tell your child not to be on their screen, there needs to be other options to choose from:
 - Choice Boards



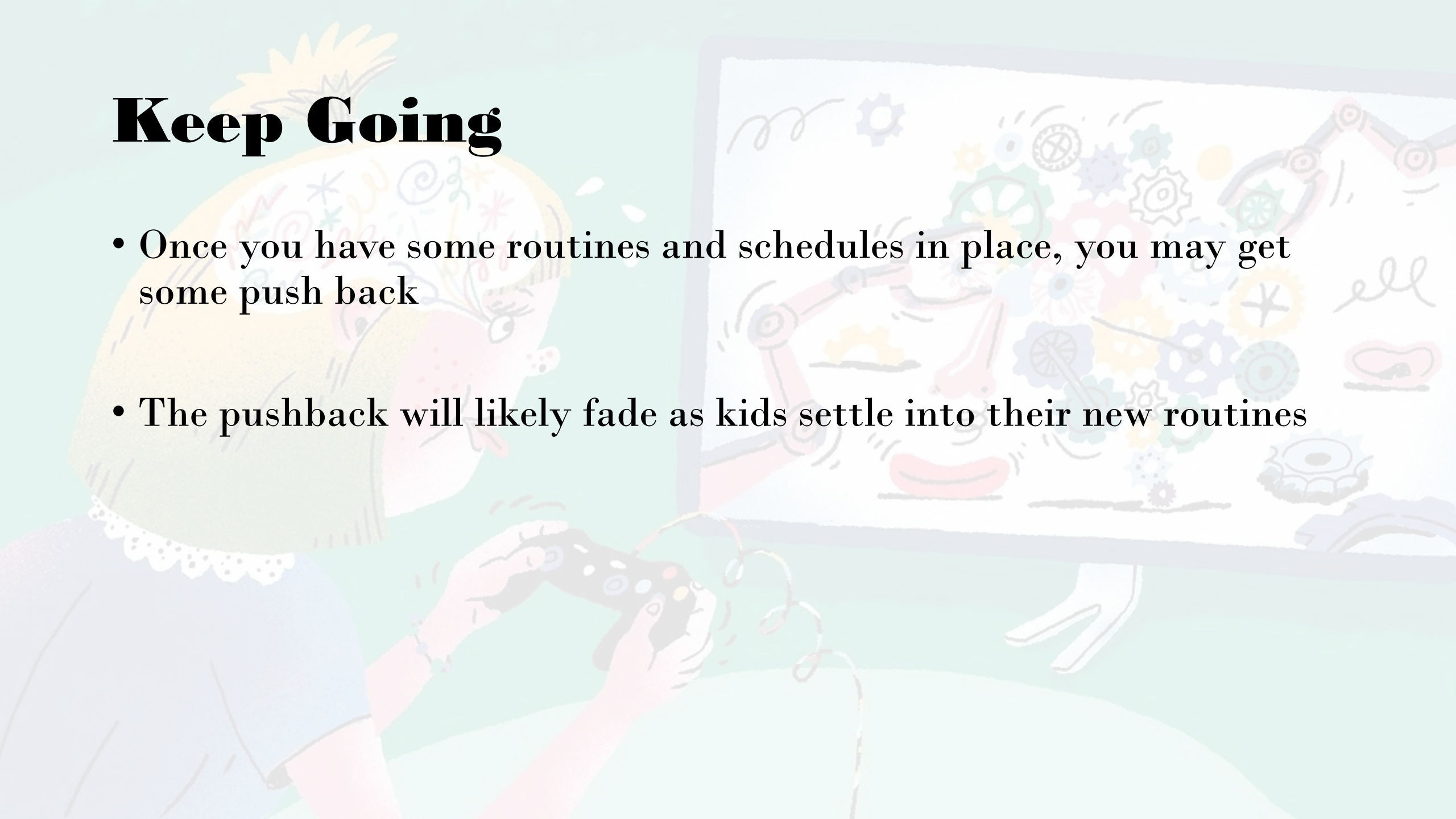
Schedule

A stylized illustration of a child with blonde hair, wearing a blue shirt, playing a video game. The child is holding a black controller. In front of them is a large screen displaying a colorful, abstract scene with various gears, a red smile, and other mechanical elements. The background is a light green color.

- It may be helpful to set specific times of the day or week when your kids know they'll be allowed to use their screens
- This helps kids know what to expect and cuts down on their requests for screens at other times
- It also gives you time to schedule other tasks when you know your children will be busy

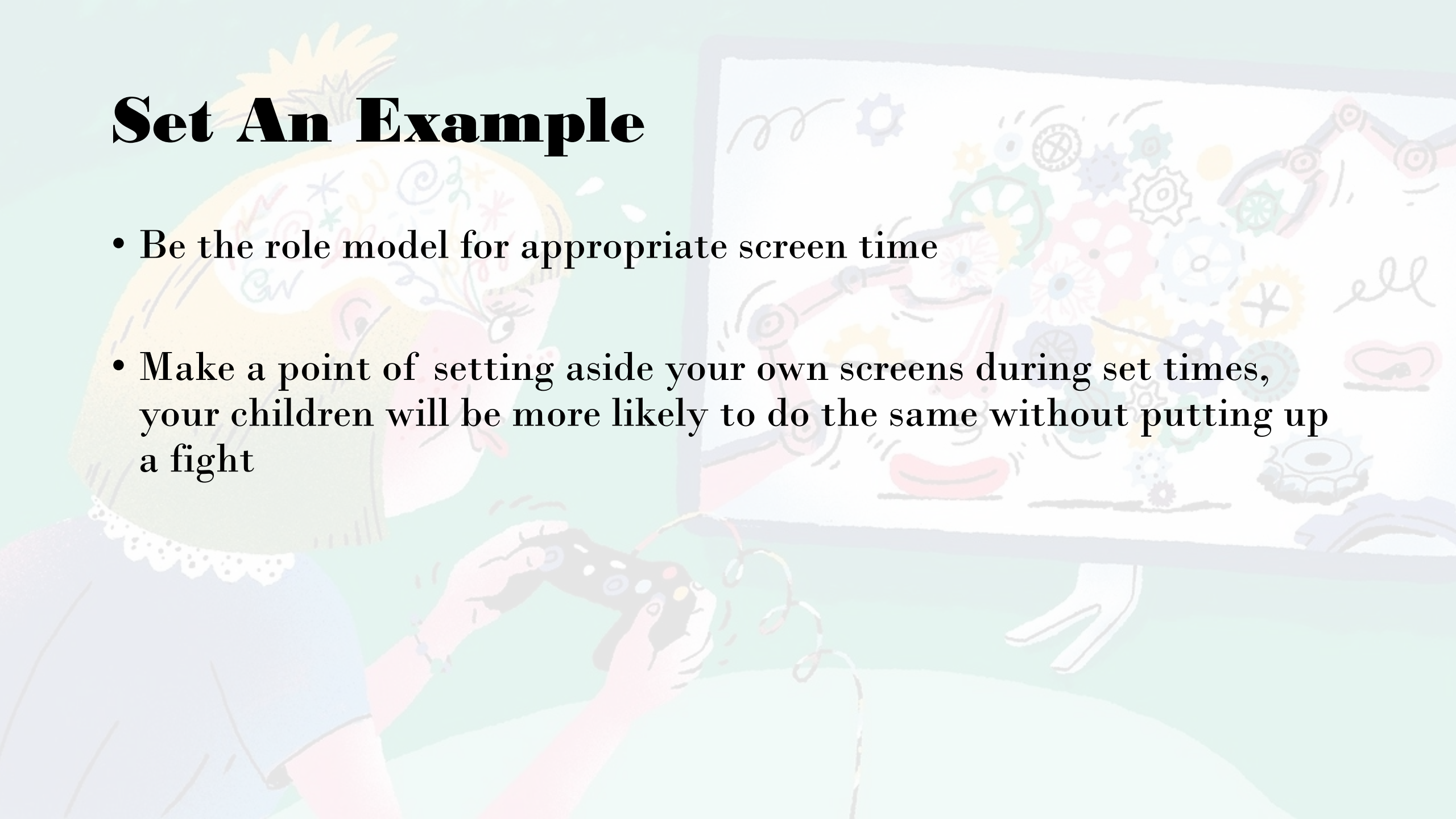
Keep Going

- Once you have some routines and schedules in place, you may get some push back
- The pushback will likely fade as kids settle into their new routines




Set An Example

- Be the role model for appropriate screen time
- Make a point of setting aside your own screens during set times, your children will be more likely to do the same without putting up a fight




An illustration of a woman with blonde hair tied up, wearing a blue dress with a white lace collar, playing a video game. She is holding a black game controller. The background is a light green gradient. On the right, a large screen displays a colorful, stylized face composed of various gears, cogs, and mechanical parts in shades of blue, green, yellow, and pink. The face has a smiling expression. The text "Wellness For All" is overlaid in the center in a bold, black, serif font.

Wellness For All

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- The background features a stylized illustration of a child's head in profile, facing right. The head is filled with various colorful gears and symbols, representing cognitive processes. To the right, a rectangular screen displays a smiling robot with red arms and a pink mouth, surrounded by more gears and symbols. The overall theme is child development and cognitive engagement.
- Look at how your child is spending their time in general
 - Consider whether a child is engaged in activities important for healthy development

Ask yourself:

- Is my child sleeping enough and eating a somewhat balanced diet?
- Are they getting some form of exercise every day?
- Are they getting some quality time with family?
- Do they use some screen time to keep in touch with friends?

An illustration with a light green background. On the left, a person with blonde hair is shown from the back, wearing a headpiece decorated with social media icons like '@', 'W', 'V', and 'll'. They are holding a video game controller. On the right, a large screen displays a colorful scene with various gears, a pink robot arm, and the letters 'ell'. The overall theme is digital connectivity and technology.

Keep Up Social Connections

The background features a light green and blue illustration. On the left, a child's head is shown in profile, filled with various colorful gears and symbols. On the right, a screen displays a smiling face with gears, and a hand is shown holding a smartphone. The overall theme is digital connectivity and social interaction.

- **Family**

- Virtual time with family during this time may be a source of connection
- Set your children up to chat with relatives

- **Creativity**

- come up with fun ways to connect with friends online
- Zoom party is still a way to help your child feel close to peers and loved ones during social distancing

- **Typical social schedule**

- Think back on your child's regular social life before coronavirus to figure out how much social screen time makes sense
- Big bursts of socialization may cause more stress!!

An illustration of a woman with blonde hair, wearing a blue top and a white lace collar, playing a video game. She is holding a black game controller. In the background, a large screen displays a colorful, stylized scene of a mechanical or robotic environment with various gears, cogs, and robotic arms. The scene is set against a light green background.

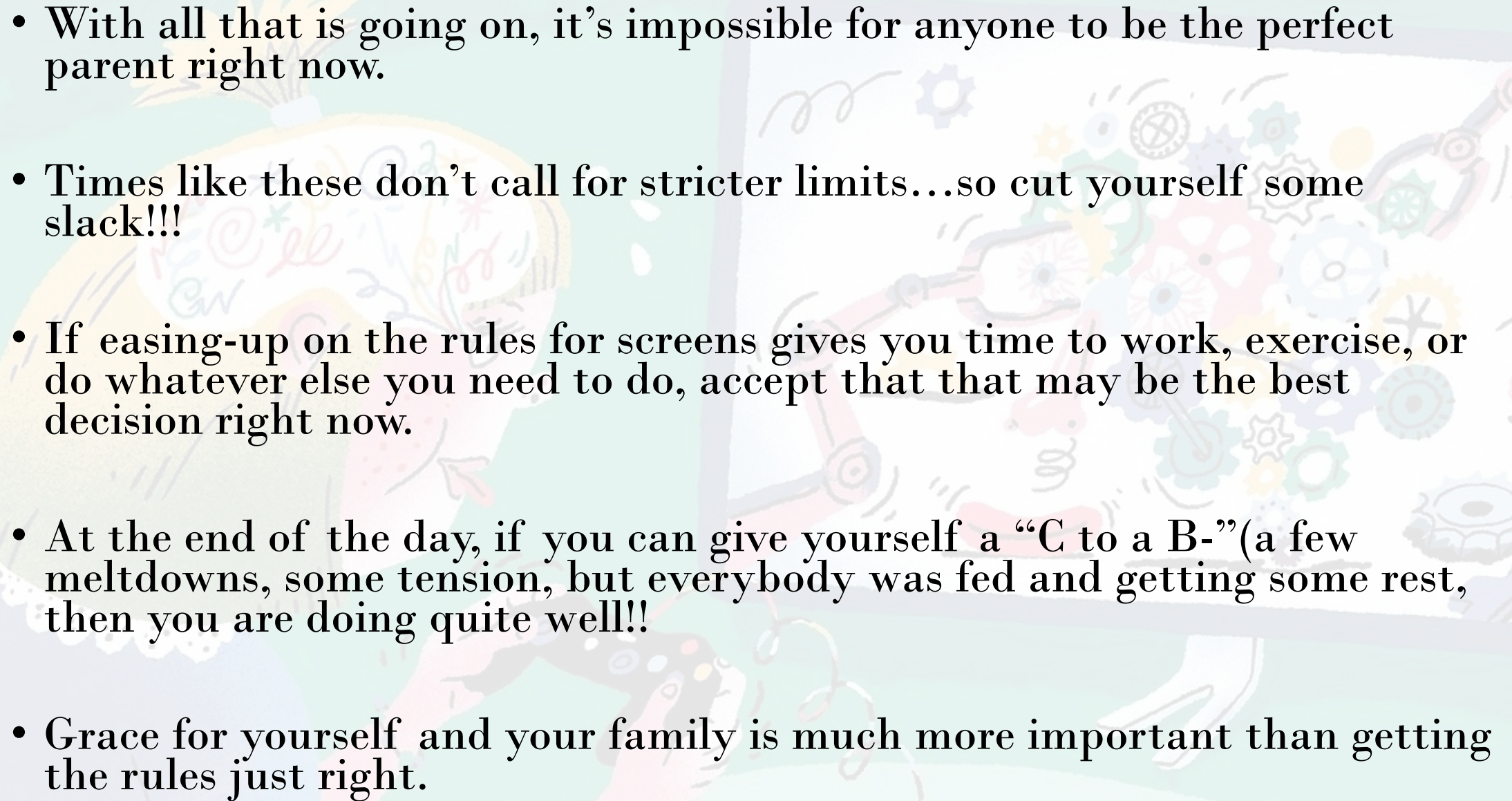
**Genuine Time...Be In the
Moment**

- **Get insight into the gaming of your child**
- **Play with your child**
- **Encourage exploration**





Grace

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- With all that is going on, it's impossible for anyone to be the perfect parent right now.
 - Times like these don't call for stricter limits...so cut yourself some slack!!!
 - If easing-up on the rules for screens gives you time to work, exercise, or do whatever else you need to do, accept that that may be the best decision right now.
 - At the end of the day, if you can give yourself a "C to a B-" (a few meltdowns, some tension, but everybody was fed and getting some rest, then you are doing quite well!!
 - Grace for yourself and your family is much more important than getting the rules just right.



Thank you!!!!