



Caring ~ Considerate ~ Cooperative ~ Courteous ~ Conscientious

Article # 3 All adults should do what is best for you.

LANGTOFT PRIMARY SCHOOL eSafety Advice for Parents from our Online Safety Governor

What time is it? SCREEN TIME

Welcome to our first e-safety newsletter of the new school year.

We thought it would be appropriate to talk about screen time in this issue.

We encourage parents and carers to agree boundaries, outside of school with our young people around online behaviours and time spent using screens. Studies have reported that young people are also worried about their parent's screen use and want them to engage with them, and so adults can lead by example through not using screens excessively in front of children and behaving online as they would in person.

Consider if your family's screen time under control.

- Does screen use interfere with what your family want to do?
- Does screen use stop you properly engaging with one another?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time?



6 TOP TIPS FOR PARENTS

SCREEN TIME



1. RULES

Agree on a clear set of rules in your home about screen time.



2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour



3. PHONE FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



4. CHARGING PHONES

Buy an alarm clock for your child's room and charge mobile phones in your room!



5. DIGITAL DETOX

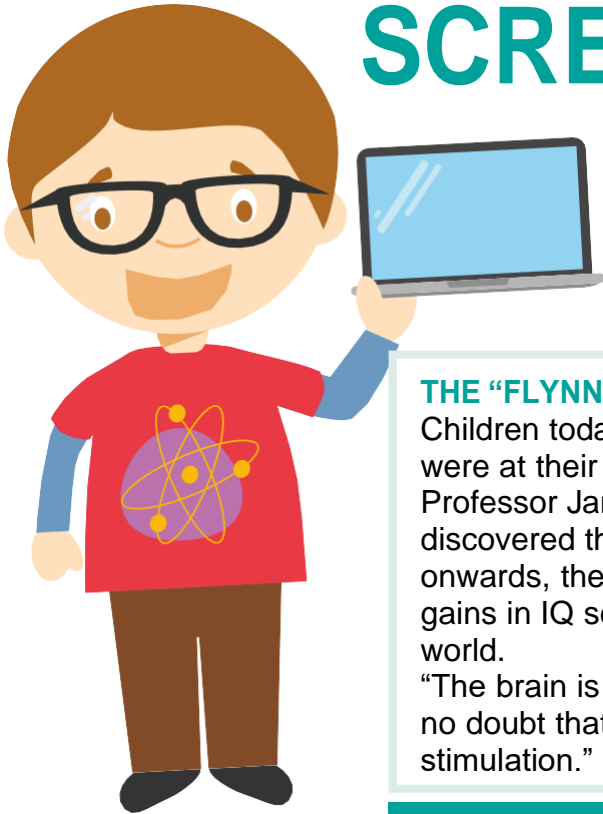
One evening a week have a family digital detox and plan a family activity!



6. JOIN IN

Play your child's favourite computer game and discover the online world together.

SCREENTIME & KIDS



How media use affects our children's brains and whether educational apps are of much benefit.

THE "FLYNN EFFECT"

Children today *are* smarter than we were at their age. Named after Professor James Flynn, who discovered that from the 1930s onwards, there have been substantial gains in IQ scores in many parts of the world.

"The brain is like a muscle and there is no doubt that it will respond to stimulation."

INTERNET USE appears to boost brain function.

SOME SCREEN TIME ISN'T GOING TO HURT

In a world where screen use and technology is so pervasive, time of use is less important. The more pertinent question is: what's more important developmentally for the child, and is the child getting that?



VIDEO GAMES ARE NOT ALWAYS BAD

They induce structural brain plasticity and improve our performance on attention demanding and perceptual tasks.



GENERAL MEDIA USE VS EDUCATIONAL APPS

It's not so much the exposure to a device but what you do with it, and the content you expose your child to (such as programs that are specifically designed for education), that makes a difference to their brain stimulation and development.

WORD OF CAUTION

While wonderful, devices *can* also cause some children to become overly dependent on them. If you find your child is overdependent on their devices take sensible actions.

THE BOTTOM LINE

SCREEN USE CAN NEVER REPLACE IMPORTANT PARENT-CHILD INTERACTIONS

"not all the time, but kids need physical play time as well as your time"

Devices still cannot give a child something which is stimulating them in a way beyond an activity like reading with their parent. We are interpersonal beings, and our information comes from our interactions with other people. The parent-child exchange that goes on with shared activities cannot be replicated artificially with a device.

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

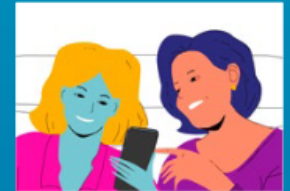
Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



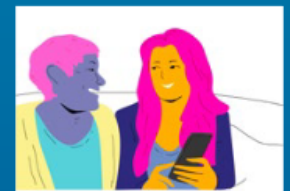
Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

