

Flourish

MASTERCLASS WORKBOOK

MANAGING YOUR CHILD'S SCREEN TIME

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MEET YOUR TEACHER



Christine Robinson

Passion, focus and personal experience drove Christine to start her own company focusing on ADHD Coaching and educational consulting/advocacy. After her own child was diagnosed with ADHD and dyslexia, she went back to school to earn her Master's in Education to help navigate her own child's educational struggles. Along the way she met Dr. Edward Hallowell who introduced her to the ADHD coaching field and she knew she had found her passion.

Christine is also a cognitive remediation specialist, certified in both the Cogmed program and Happy Neuron. She believes that the mind body connection is the key to life balance and that cognitive abilities can be improved with prescribed cognitive and physical exercises.

Christine has spent over 15,000 hours coaching children, teens, adults, couples and college students. She received her Bachelor's Degree in Psychology from Clark University and her Master's in Education from Fitchburg State University graduating summa cum laude. As well as having her private practices in Nashville and Clarksville Tennessee she also is associated with the Hallowell Center in New York City.

A certified teacher and master coach who also has over 20 years of sales and management/leadership experience, she is considered an expert in her field of ADHD, special education, advocacy work and individualized education plans. Christine also has her own training program for those who would like to add coaching to their existing practice or start their own ADHD coaching business. She works with many college students remotely all over the U.S. and internationally.

WORKBOOK OUTLINE

- 1 WHY LIMITING SCREEN TIME IS IMPORTANT
- 2 HARMFUL EFFECTS OF SOCIAL MEDIA
- 3 REPLACEMENT ACTIVITIES
- 4 PARENTING STRATEGIES
- 5 STEPS TO TAKE BASED ON YOUR KIDDO'S AGE

WHY LIMITING SCREEN TIME IS IMPORTANT

ADHD kids are often more impulsive and fall into addictive behaviors easier than their peers. This can make managing screen time more challenging.

Some of the effects screen time can have on kids is:

- Increasing impulsivity
- Limiting their socialization
- Marked decrease in fine and gross motor skills
- Decreased attention span
- Higher propensity for anxiety and depression

What kids miss out on when screen time is their priority:

- some areas of growth and development
- physical exercise
- social activities



...every minute, every hour you spend on technology, you're taking away from something else.



HARMFUL EFFECTS OF SOCIAL MEDIA

Social media presents additional challenges to screen time that many older kids will struggle with.

- Depression and anxiety
- Cyberbullying
- Fear of missing out
- Unrealistic expectations
- Negative body image (for girls and guys)
- Unhealthy sleep patterns
- Addiction to social media

To combat these, it's best to start communication with your kids as early as you can about the reality of what they are seeing, and discussing replacement activities that will be more fulfilling for them.

When we don't talk to our kids early, it gets harder to have discussions and has a bigger impact on them when devices are taken away.

Ask your kids: how is technology serving you?

WHAT CHALLENGES IS YOUR KID FACING?



REPLACEMENT ACTIVITIES

Simply telling our kids to get off of their devices isn't helping them work through the problem. We need to offer and support them in replacement activities to help them switch over their energies.

Physical activities are a great place to start because they have so many benefits for our kids.

- Improves anxiety and depression
- Improves aggression
- Improves thoughts and social problems

REPLACEMENT ACTIVITIES (ADJUST TO BE AGE APPROPRIATE)

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| <ul style="list-style-type: none"> • Exercise • Sports - ADHD kiddos tend to better in individual sports over team sports <ul style="list-style-type: none"> ◦ Karate, jiu-jitsu, tennis, swimming, snowboarding, swimming, gymnastics, figure skating, golf • Cooking • Gardening • Art • Going to the library | <ul style="list-style-type: none"> • Embroidery, knitting, crocheting, sewing • Join a club or activity • Reading (a physical book!) • Camps • Watching TV together • Assigning regular household chores • Visit museums or attend community events • Taking care of pets • Any type of outdoor play |
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Get curious with your kids and try some new activities. Not all of them will be a winner, but you're helping your kid build their interests and learn to create and do.

WHICH OF YOUR KID'S INTERESTS WOULD YOU LIKE TO ENCOURAGE MORE?

LIST 3 NEW REPLACEMENT ACTIVITIES YOU WANT TO TRY WITH YOUR KIDDO.



PARENTING STRATEGIES

BE A ROLE MODEL

We can't ask our kids to limit their screen time when we aren't limiting our own. Be aware of the amount of time you are on your devices beyond work.

Eye contact is also very important for our kids. When we aren't present and connecting, we will start to see more misbehaviors.

TOOL:

Try using a screen time tracker app to see how much time you are really spending on screens.

COMMUNICATION

If you are working and need to be on your computer or phone, communicate this with your kiddos. Let them know you are working and not using it for leisure.

Also work to have discussions about social media and how it is affecting your kid. Ask what they are getting out of certain apps, how it is making them feel, and what they are missing.



All of these things we're talking about for kids, well, it's also very unhealthy for adults...



SCREENS BEFORE BED

Don't put TVs in young kid's bedrooms. The blue light is unhealthy and can damage sleep patterns. Instead, have a set time before bed when they can watch TV or be on their phone. This should be 1-2 hours before bedtime. This rule should apply to the whole family so everyone is on the same page.

NO DEVICES DURING MEALTIMES

Make a rule that no one uses screens during mealtimes. This is an important time to socialize and teach kids to be present in the moment.

For babies and young kids this is important to help them explore surroundings and engage with the outside world.

It can be difficult when a kid is having a tantrum during mealtime, but it's ok for them to be uncomfortable at times and learn how to adjust in the moment.

HOW WILL YOU MODEL SCREEN TIME USAGE FOR YOUR KIDDOS?

WHAT NEW FAMILY RULE WOULD YOU LIKE TO MAKE AROUND SCREENS?

STEPS TO TAKE BASED ON YOUR KIDDO'S AGE

STEPS FOR YOUNGER KIDS

1. Be prepared this will take more time and energy from you until your kiddo is more familiar with options they enjoy besides screen time
 - As they learn new things it tends to go from you being very hands on, to you watching and guiding while they do it, then to independence.
2. Say: "Let's discover what different things you enjoy"
 - If they don't have ideas, be prepared with a list of options in different categories: arts, building things, outdoors
 - **Hint:** start with things you enjoy or else you will lose steam
3. Express your desire to help them grow their independence so they can be strong capable grown-ups.
 - Invite them to do activities with you - especially unusual ones like wash the deck. Use roles like "you be the scrubber, and I'll be the sprayer with the hose."
 - Encourage participation in daily tasks/chores as that is part of living in a community together. "let's unload the dishes, you do the forks and spoons, and I'll do the plates." Or "do you want forks and spoons or plates?"
4. Craft the environment to be helpful
 - Maybe you need time to write emails or pay bills, but perhaps you can do it from the library or playground

STEPS FOR OLDER KIDS

1. Watch the movie, The Social Dilemma, together and discuss.
2. Give a space for they to share their thoughts without judgement.
 - They may be interested in making changes after this documentary.
3. Use coaching language.
 - You can start with asking what they are getting out of certain apps, how it is making them feel, and what they are missing.
 - Then ask their opinions: What do you think will help? What guidelines/boundaries would you like to set for yourself? What strategies would you set up to help you stick to those boundaries?
4. Engage another trusted adult to help so that the messaging doesn't just come from you.
5. Encourage replacement activities and discovering interests.
6. Ask them if they would like a coach to help them.
7. Make sure they have other healthy activities that can replace the dopamine rush of television and the risky behavior that teenage brains and ADHD brains are drawn to
 - Ex: You might have the resources to let them go to an amusement park or try a more adrenaline-based hobby.

MAIN IDEA: IT DOESN'T WORK TO TAKE AWAY WITHOUT REPLACING WITH SOMETHING OF EQUAL OR BETTER INTEREST.

WHICH STEP DO YOU THINK WILL IMPACT YOUR KIDDO THE MOST?

HOW DO YOU THINK YOUR OWN SCREEN TIME IS AFFECTING YOUR KIDS?

WHAT IS THE FIRST STEP YOU WANT TO TAKE TOWARDS YOUR CHILD HAVING A HEALTHIER RELATIONSHIP WITH SCREENS?



...if you find one, or two, or three things that your child or your teen really engages with, then you have made huge progress.

