

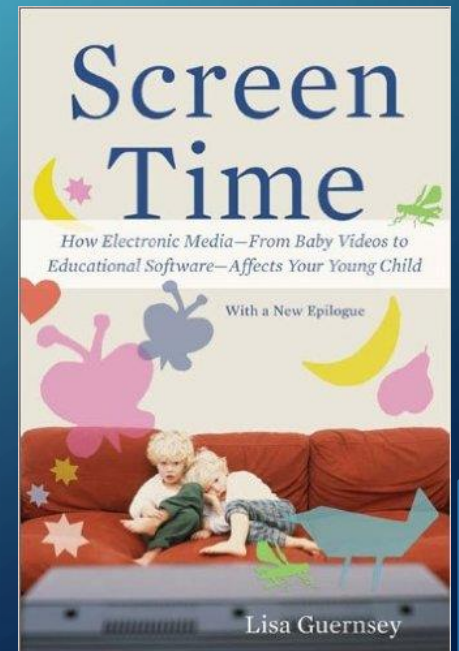


CREATING A FAMILY MEDIA PLAN

MANAGING TECHNOLOGY AND SCREENS SO THEY DON'T MANAGE YOU

MEDIA: NOT GOOD OR BAD, BUT POWERFUL

- Pay attention to Child, Context and Content!
- “Whoever tells the stories defines the culture” -- Dr. David Walsh
- The average amount of time children spend consuming media:
3-8 hours per day



RELATIONSHIPS ARE THE MOST IMPORTANT THING

Children need relationships for
brain development and
social/emotional development



READING, VIEWING AND INTERACTING TOGETHER

- Benefits to co-viewing and joint engagement (watching and interacting with media together) are clear—when you view together, there are more chances to talk!
- Look for books, apps, movies and television that is good for kids, but that you also like: [Sesame Street spoof of Mad Men](#).
- Stay away from apps with annoying voices or music



USE MEDIA INTENTIONALLY YOURSELF



LIMIT BACKGROUND TELEVISION

- Even when it doesn't seem like kids are paying attention to it, it interrupts their play
- It also makes it harder to interact with them and parents are less likely to talk with their kids when the television is on



ALL MEDIA IS NOT CREATED EQUAL

- Content matters: watch out for violence and other messages
- Quality matters: look for television and apps that are developmentally appropriate, creative, well-produced
- Context matters: look for television and apps that encourage connection between you and your child or between your child and other children

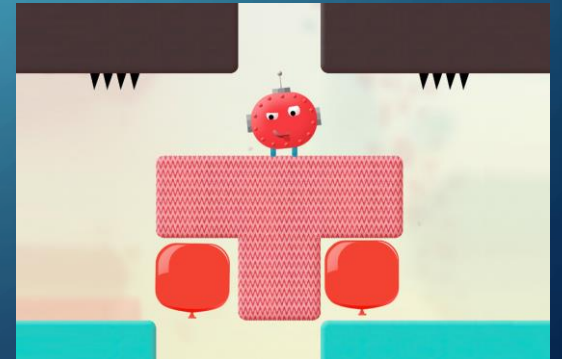
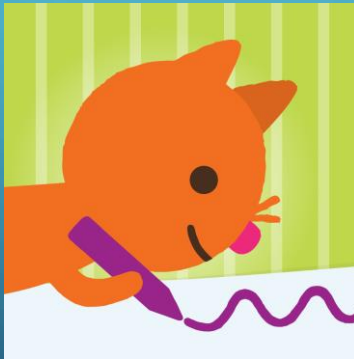
PLAY IS CHILDREN'S WORK



gary spiegel

LOOK FOR APPS THAT INCLUDE CHANCES TO PLAY, EXPLORE, AND CREATIVELY INTERACT

- Avoid apps that are more like flash-cards, only designed to drill kids on skills
- For instance, choose a drawing app rather than a coloring app
- Some recommended apps to try:
 - Keezy
 - Dip-Dap
 - Think Rolls
 - Toca Boca apps
 - Sago Mini apps



KEEP BEDROOMS AND BEDTIMES SCREEN-FREE

Screen-time before bed affects the amount and quality of sleep for people of all ages



SET CLEAR BOUNDARIES AND LIMITS

- Have a plan for what you will do when it is time to turn the television or device OFF
- Use technology to practice emotional regulation (taking turns, turning it off)



WHATEVER THE BRAIN DOES A LOT OF, THE BRAIN GETS GOOD AT (DR. DAVID WALSH)



PHOTO CREDITS

- Children and parents with media (3 photos): Cynthia Marie Hoffman, [flickr](#)
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