

Screen-Savvy Parenting webinar

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FORMED FAMILIES **FORWARD**

Formed Families Forward - who we are...

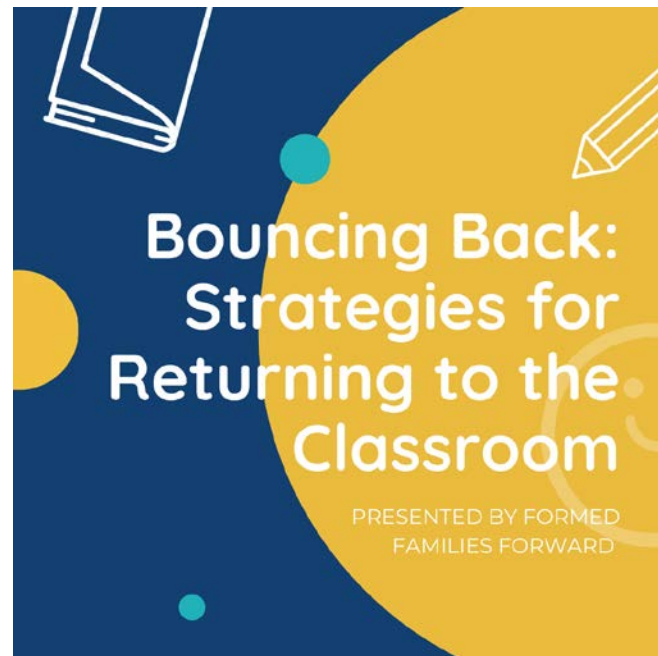
- A family-led resource center in Northern Virginia supporting foster, adoptive and kinship families who are raising children, youth & young adults with special needs, and professionals who work with our families.
- We offer free training, consultations to families, events, resources, and systems navigation. Also - peer support groups for youth & parents/caregivers; webinars; virtual trainings; child care program; videos and other resources. **August 6- Back Together formed family picnic!**
- Family partner to VDOE's Virginia Tiered Systems of Supports (VTSS)

info@formedfamiliesforward.org

Bouncing Back series

- July 27 – **Screen Savvy Parenting**
- August 3 - **Returning to Post-COVID School: How to Help Students Thrive by Improving Organizational and Study Skills**
- August 10 - **Back to School: How to Help Your Kids Manage Anxieties & Prepare for a Return to the “Normal” Classroom**

Recordings on web- Resources: Webinars



Screen-Savvy Parenting



Hello
my name is

Kasey



<https://www.thewisefamily.com/>

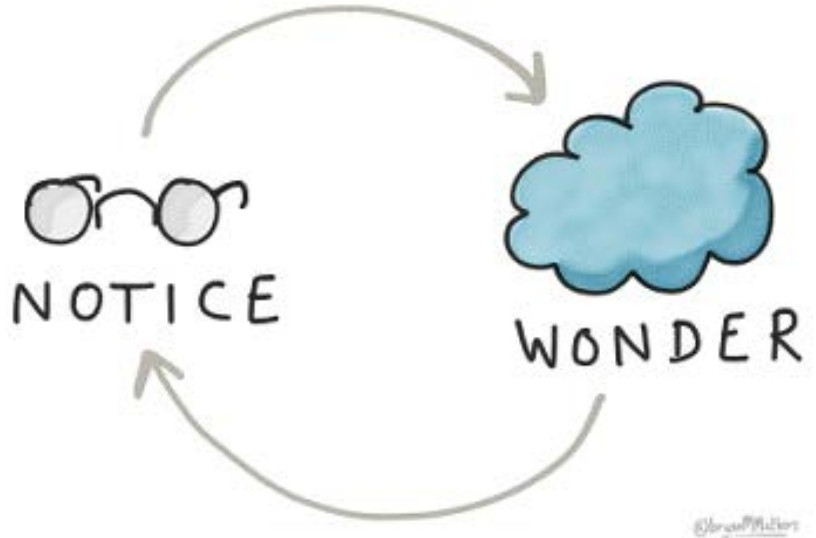
Connect with us for counseling and support by texting 'wisehelp' to 66866 or call us at 1-844-WISE FAM to start your mental health journey today!

Session Targets

- Types of Screen Time
- Pros & Cons of Screen Time
- Relationship Building and Balance



- Look at the images as they are presented on the next three slides.
- What do you notice about these images?
- Do you have any questions/wonderings?
- Raise your hand to share or type any noticings or wonderings in the chat.





1. Sparingly

1. Occasionally

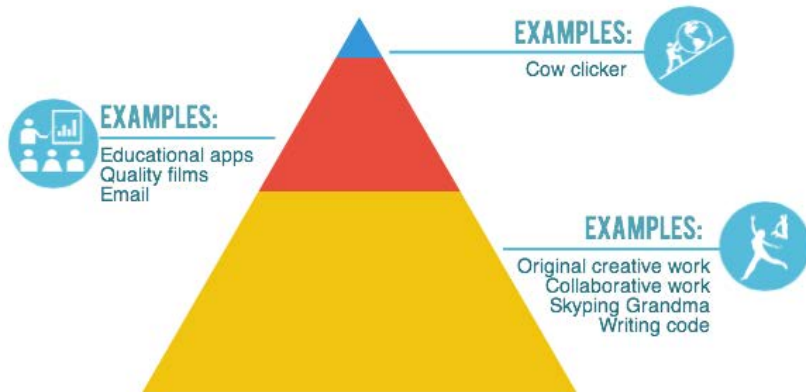
1. Moderately

1. Freely

SCREEN FOOD

A Healthy Eating Pyramid

The Fabulist Guide To Making Decisions About What, When and How Much



REST



PLAY



MEET UP

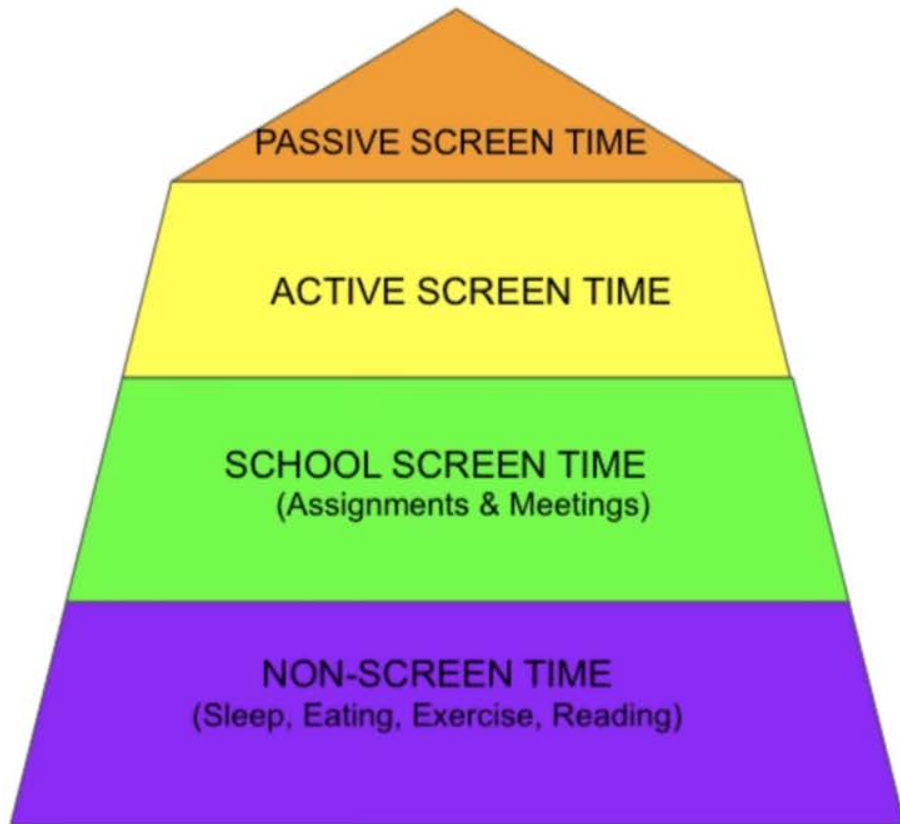


SCREEN TIME

Daily Activity Pyramid

Active Screen Time

Screens are used as an interface for interaction with others. It includes facetime with friends, zoom sessions with families, and interactive games that you can play with others.



Passive Screen Time

You are viewing content or responding to programming generated for the screen. This includes youtube, tik tok, and video games that do not involve other live players.

Screen Time: How Much Is Too Much?



Quick Poll



How much time do you think you spend in front of a screen each day?

- Less than two hours
- 2-4 hours
- 5-8 hours
- More than 8 hours

What are some of the pros and cons of screen time you have experienced?

Please share in the chat.



PROS

- Connect with others
- Explore interests
- Self-paced learning
- Self-regulate
- Block out stressful external stimuli



CONS

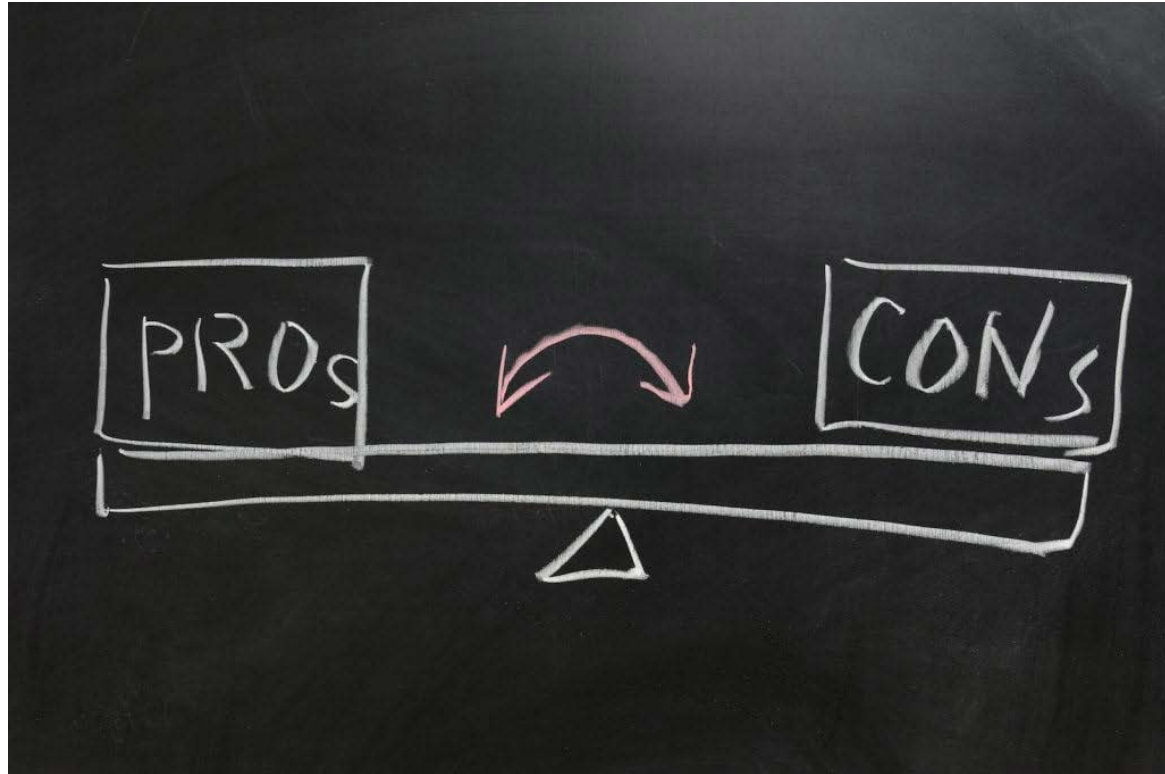
- Witness or experience bullying etc.
- Disrupt sleep (especially when used right before bed)
- Some links to depression or anxiety

“This study highlights the need for further research into the association of internet, computer, and mobile phone use with academic performance in children and adolescents. These associations seem to be complex and may be moderated and/or mediated by potential factors, such as purpose, content, and context of screen media use.”

Association Between Screen Media Use and Academic Performance Among Children and Adolescents

Adelantado-Renau, Mireia; et al. *JAMA Pediatrics*, September 2019.

Balance is Key!



Relationships Are The Foundation Of Strong Families



Trust

Communication

Problem
Solving

Collaboration

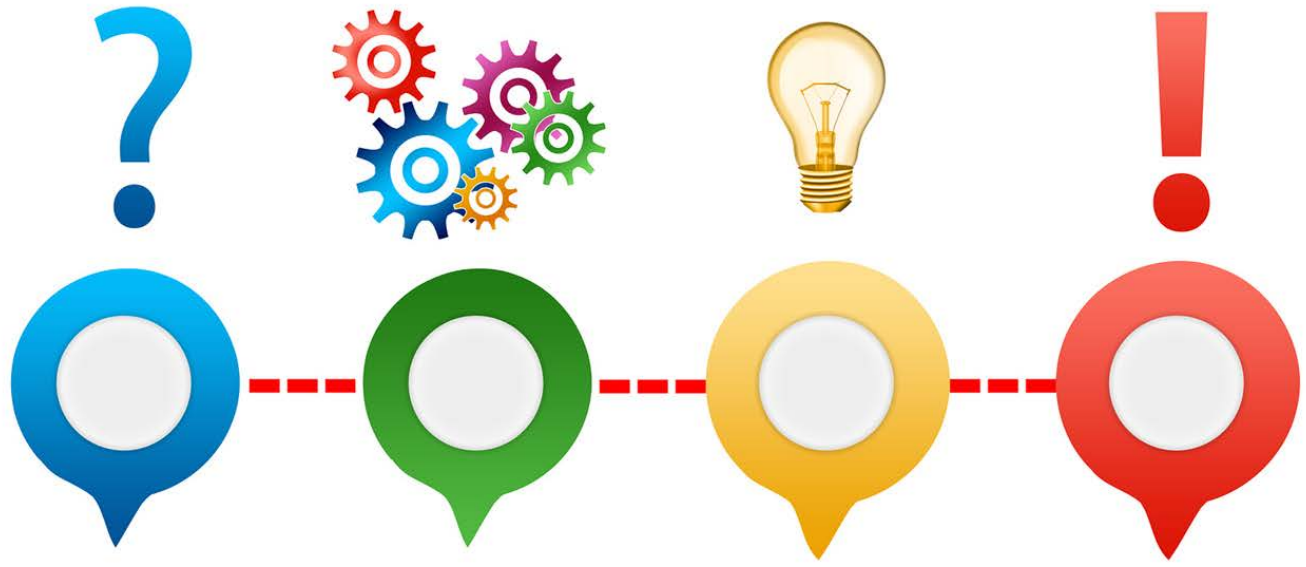
A red ribbon with a white dashed line at the top edge, suggesting it is part of a roll. The ribbon is slightly curved and has the text "ONE SIZE DOES NOT FIT ALL" printed on it in a bold, white, sans-serif font. The text is arranged in three lines: "ONE SIZE" on the top line, "DOES NOT" on the middle line, and "FIT ALL" on the bottom line.

**ONE SIZE
DOES NOT
FIT ALL**

Questions to Consider:

- What is driving this decision?
- Is this helpful or harmful to the relationship?
- Is this an individual goal or a universal goal?
- Have I been clear and checked for understanding?
- Have I been consistent?





Thank
you!



Resource Directory-

<https://resourcedirectory.formedfamiliesforward.org/>

- After 6 years of publishing hard copies, FFF launched an online interactive Northern Virginia Family Resource Directory. Can narrow searches by jurisdiction, insurance, Medicaid, and trauma expertise.
- Topics include:
 - FAMILY SUPPORT SERVICES AND RESOURCES
 - MENTAL AND BEHAVIORAL HEALTH SERVICES AND RESOURCES
 - EDUCATIONAL SERVICES AND RESOURCES



Formed Families Forward – Stay in Touch!

PLEASE COMPLETE EVALUATION POLL.

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