

# Parent Coffee Morning - Managing Screen Time



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 achieving  
for children

 Are you OK  
Kingston?

 Are you OK  
Richmond?

# Agenda

- Understand more about the effects of screen time
- Ways to set healthy boundaries around screen time



**Note:** There are many things that can be unhelpful and possibly dangerous for your child online, through social media, games, etc. This presentation will not cover these risks but it's important for us all to be vigilant and make sure that you know the people your child is communicating with and what they are doing online.

# Some websites and apps

Parental controls NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Online safety NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Net Aware- <https://www.net-aware.org.uk/>

The RCPCH's screen time guide <https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

Find my Friends/location sharing

Screen time - free - allows you to view time on apps, pause, set tasks children have to complete to earn extra time. GPS alerts

YouTube Kids

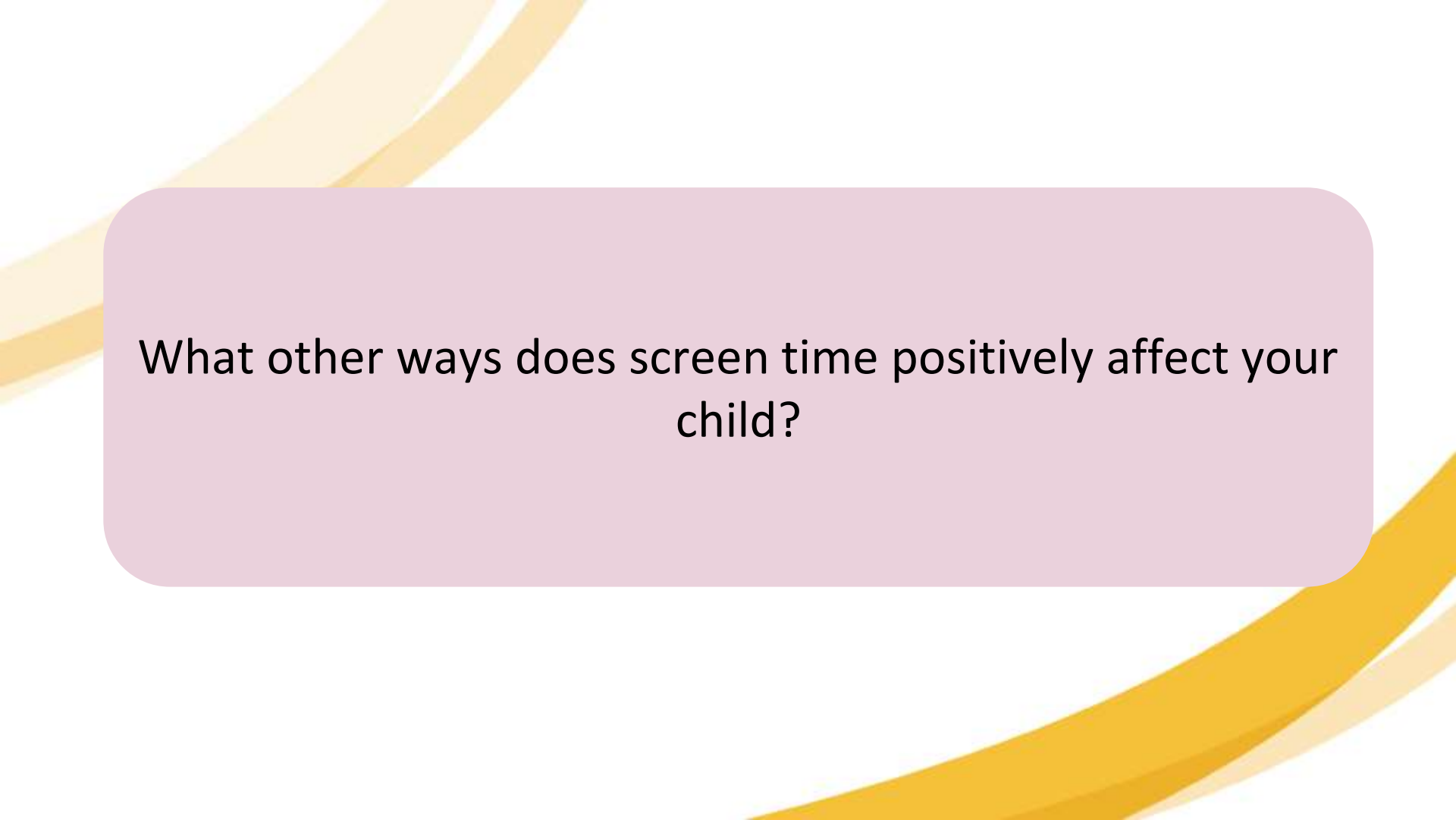
# Positives of screen time

Keeping up with family and friends - taking away physical barriers to social interaction

Non-verbal reasoning skills

Helps build knowledge

Teamwork and creativity



What other ways does screen time positively affect your child?

# Things to be aware of

Who are we talking  
to online

Limited use of our 5  
senses

Less time being  
active and outside-  
could lead to obesity

Too much screen  
time can affect  
sleep patterns

Amplifying anxiety -  
screen time increases  
central nervous  
system arousal

Decreases mental  
imagery skills

What else should we be aware of when thinking about the negative aspects of screen time?





## 3 simple rules

Enjoy screen time

Mostly together

Not too much

# Starting a conversation on screen time

- Have a plan and stick to it: sit down as a family to discuss boundaries/limits around screen time. Add in rewards and consequences.
- Think about your own media use: maybe what you are doing on your phone is important, but can it wait?
- Prioritise face-to-face interaction: online interaction is great, but no substitute for the real thing!
- Be snack aware: If you are going to combine snacks with screen use, do so as part of an overall diet plan.
- Protect sleep: No screens for an hour before planned sleep time is a sensible rule of thumb

# Starting a conversation on screen time

- Ask yourself: does screen time interfere with what your family want to do?

You can create screen-free zones i.e. at mealtimes, 1 hour before bed, during a family outing.

According to the Royal College of Paediatrics and Child Health, it is perhaps better to think of screens as displacing desirable minimum levels of positive activities, such as sleep, time with family and exercise, and the effects this may have.

# Recommended time limits

Age	Recommendation (AACAP)	Example
Younger than 18 months	Avoid all screen time if possible (or more realistically, as little as possible)	Video calling another adult i.e. grandparent, family member or family friend
18 months - 2 years old	A limited amount of screen time, ideally mainly educational viewing	Watching a short programme with a caregiver (20 minutes or so)
2 - 5 years old	Limit non-educational screen time	One hour between homework and dinner
6 years and older	Set limits that fit for your family, ensuring it doesn't interfere with sleep or physical activity	No screens at meal times or during family outings.

# What do children and young people think about screen time?

1) How much time (hours) per day do you spend in front of a screen?



2) How do you use your screen time? Rank below 1-8 (1 being the most and 8 being the least)



3) When do you spend most of your time in front of a screen?



7) What is your top tip for someone else about using screen time?

Be careful and control how much time you spend on a screen

Don't get addicted

Find a balance and make sure your health always comes first

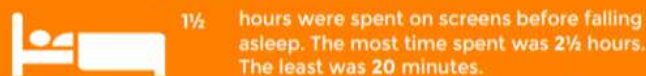
Positives about screen time:

- Gives you knowledge
- It's entertaining and enjoyable
- Provides you with more opportunities to reach a wider community

Negatives about screen time:

- Hurts your eyes & stresses you out
- Keeps you awake
- Loss of social connection

4) If you have chosen 'night time', how much time do you spend on your screen before falling asleep?



6) Have you experienced any bullying online?



5) Does your screen time use have a negative impact on the following?

- 88% said screen time had a negative impact on their sleep
- 41% said it had affected their play/fun time
- 35% said it had a negative impact on their mood/mental health
- 18% said it had a negative impact on their family time and schoolwork

Name of the agreement

©childnet family agreement

We agree to:

Who is responsible for this?

What happens if someone does/doesn't follow the agreement

Rewards:

Consequences:

Signature

Date:

Review date:

## Examples for different ages:

Our agreement: (Under 11s)

I will use my tablet  
for \_\_\_ mins a day.

I will make sure the  
children's favourite  
games are bookmarked  
for them to get to easily.

Our agreement: (Teenagers)

I will make sure all my  
social networking sites  
are private.

I won't post  
photos of our  
children without  
their permission.

Our agreement: (Pre-teens)

I will tell mum and dad  
when I see something  
that worries me.

I will put parental  
controls in place  
but review it as the  
children grow up.

# Family agreement

## Things to consider

Getting started • What do we enjoy doing online? • What apps, games and websites do we use the most? • What devices, tech, toys or games do we have with internet access? • Do we already have any rules about use of tech we want to include in our family agreement?

## Managing time online

• How long do we spend on our devices? • How does it feel when we use tech for too long? • How do we know when our screen use is interfering with family life? • What can we do to help avoid overusing tech?

## Sharing

• What is or isn't okay to share online? • What should we check before posting images and videos online? • How do we keep personal information belonging to ourselves and others safe? • Do we need a family email address to use when signing up to new accounts? • Do we know how to use privacy settings and strong passwords, and why these are important? • How can we use features like live streaming and disappearing content safely?



## **Online content**

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

## **Communicating online**

- Who can we talk/chat/play games with online? Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

## **If things go wrong**

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

## **To finish...**

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

## Top Tips

1) Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.

2) Consider your tone. Are you focusing on negative behaviour or promoting positive behaviour?

3) Make sure your agreement works for your whole family and everyone is happy with it.

4) Review your agreement in the future to make sure it reflects the current needs and ages of your family.

Remember setting boundaries and being consistent can be hard for all of us at times take time for yourself as well and remember you're own self care tips- call a friend, go for a walk





# Coping kit

## COPING KIT

When you're feeling low or overwhelmed, it can be hard to know how to cope. But distracting yourself or doing one of our activities or games can help you feel better.

Even doing just one positive thing every day can help your mood. Not sure what you want to do today? Use our tool to help.

What things would you like to try today?

 <p>Distractions +</p>	 <p>Using my senses to feel calmer +</p>
	

## Get help if needed

Managing screen time can be difficult. Spending too much time on screen can stop your child and/or family from doing the things they want to do.

Children need to be kept safe online, from bullying, exploitation and other negative influence, as they are offline.

If you are concerned, speak with school or your GP. The NSPCC also have a helpline if you are worried about something online.

A green bean character with a smiling face, thin black legs, and thin black arms, holding a rectangular sign above its head. The sign has the words "THANK YOU" written in orange, uppercase letters. The background features abstract, flowing shapes in shades of orange and yellow.

# Questions - Ideas - Feedback

Contact us on: [MHST@achievingforchildren.org.uk](mailto:MHST@achievingforchildren.org.uk)