

Parenting in a Digital World

How much is too much?

Why are adolescents so susceptible to the negative effects of screen time?

- Brain Development
- Feeling Connected
- Addictive Potential

WARNING SIGNS

Look for these warning signs as red flags of potential excessive screen usage

- Worsening Hygiene
- Refusal to leave room
- Refusing to attend school
- Lying about device usage
- Less interest in offline activities

The "Dos and Donts" of How to Set Boundaries Around Screen Time

DO maintain a routine around screen time. Enforce a "tech curfew."

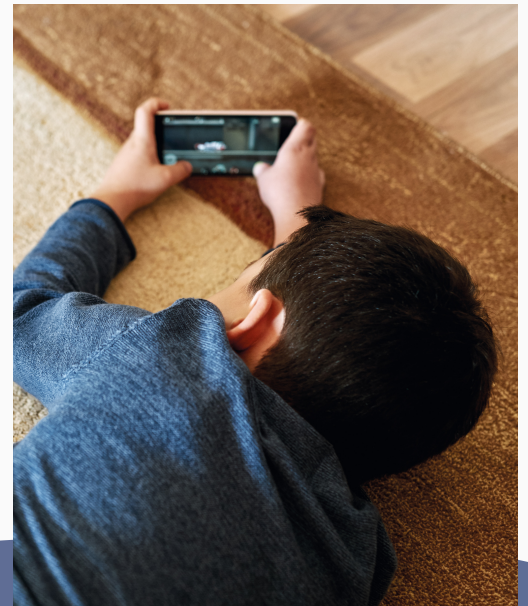
DO keep an open dialogue with your children.

DO model the behaviors you want to see.

DON'T take away devices without a plan in place.

DON'T assume change is going to happen overnight.

DON'T set unrealistic goals or expectations.



Gooding Wellness, LCSW PC
147 Main Street
Cold Spring Harbor, New York
Tel: 631-351-2940

We've gone virtual...



www.liteletherapy.com

Online counseling services available throughout New York State