A blurred background image of children playing in the ocean at sunset. The scene is bathed in a warm, golden light, with the sun low on the horizon. Several children are visible in the water, their forms softened by the blur. The overall mood is peaceful and nostalgic.

DR. PRATT

SETTING DEVICE BOUNDARIES IN THE HOME

#1

MODEL BEHAVIORS YOU WOULD LIKE TO
SEE IN YOUR CHILDREN.



A soft-focus background image of a beach scene. In the foreground, the gentle waves of the ocean wash onto the shore. In the middle ground, several children are playing in the shallow water. One child is standing on the right, while a group of three or four children are walking or playing together in the water to the left. The overall lighting is warm and bright, suggesting a sunny day.

#2

EDUCATE YOURSELF ABOUT YOUR
CHILD'S MEDIA USE &
MONITOR QUALITY AND QUANTITY OF
THEIR MEDIA USE.

#3

TEACH RESPONSIBLE USE OF DEVICES,
INCLUDING DEVICE ETIQUETTE.

(E.G., DON'T ANSWER PHONE WHILE IN A FACE TO
FACE CONVERSATION, NO TEXTING AND DRIVING,
NO TEXTING/POSTING EXPLICIT PICTURES .)

#4

TEACH MEDIA LITERACY AND SAFETY (E.G.,
DIFFERENCE BETWEEN FANTASY & REALITY).



#5

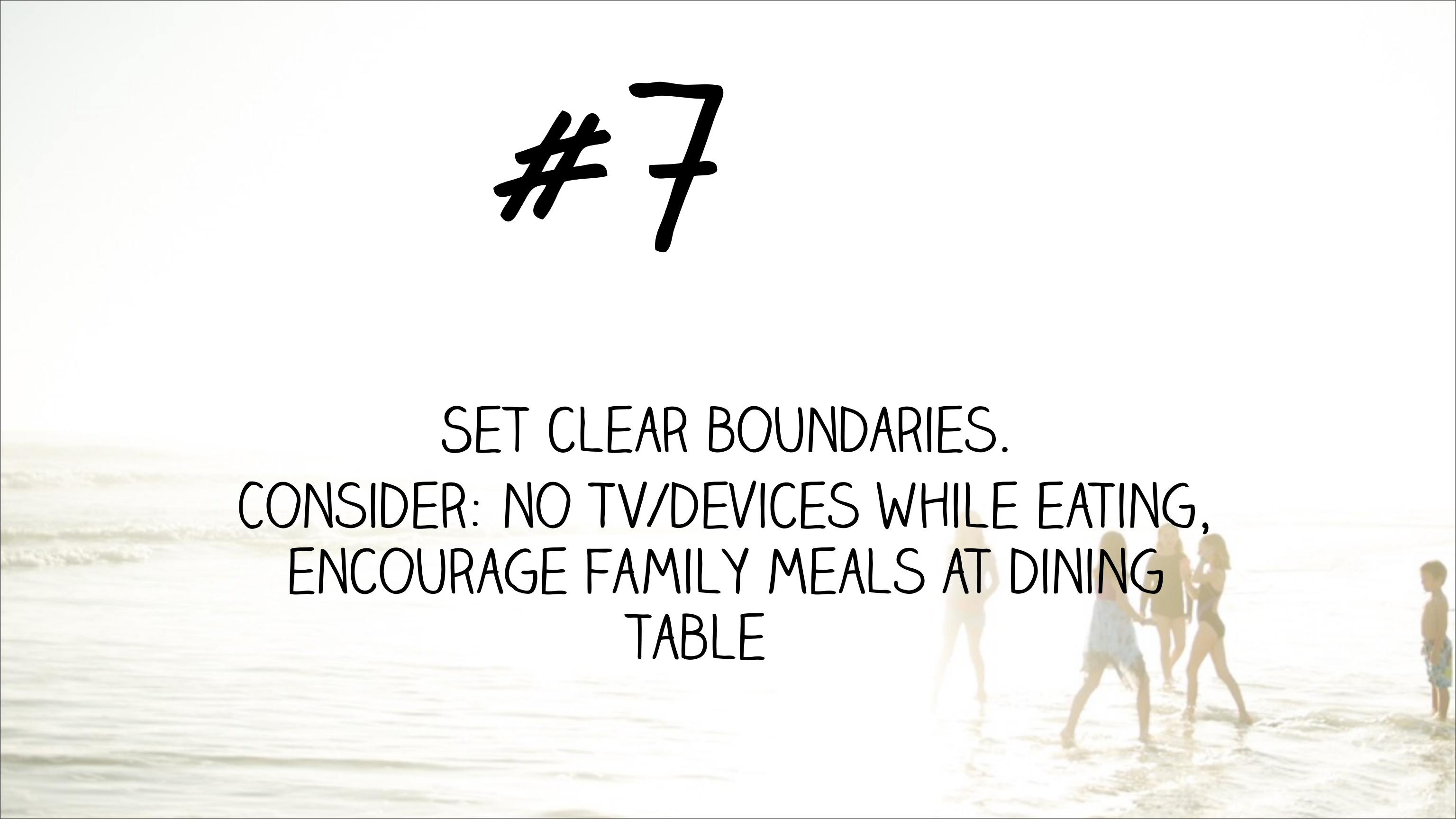
CO-VIEW TV, MOVIES, AND VIDEOS/
DISCUSS IMPORTANT FAMILY VALUES.



#6

ENCOURAGE OTHER ACTIVITIES AS PRIORITIES TO SCREEN TIME (E.G., FAMILY TIME, OUTDOOR TIME, PLAYING SPORTS, CREATIVE ARTS/MUSIC, READING, YOUTH GROUP, VOLUNTEERING, ETC)



A soft-focus background image of a beach scene. In the foreground, the gentle waves of the ocean meet the shore. In the middle ground, several people, including children and adults, are walking along the water's edge. The overall lighting is warm and bright, suggesting a sunny day.

#7

SET CLEAR BOUNDARIES.

CONSIDER: NO TV/DEVICES WHILE EATING,
ENCOURAGE FAMILY MEALS AT DINING
TABLE

A soft-focus background image of a beach scene. In the foreground, the gentle waves of the ocean wash onto the shore. In the middle ground, several children are playing in the shallow water. One child is standing on the right, while a group of three children is further out. The overall lighting is warm and golden, suggesting a sunset or sunrise. The text is overlaid on this background.

#8

SET CLEAR BOUNDARIES.
CONSIDER: NO TV/DEVICES IN
CHILD'S BEDROOM



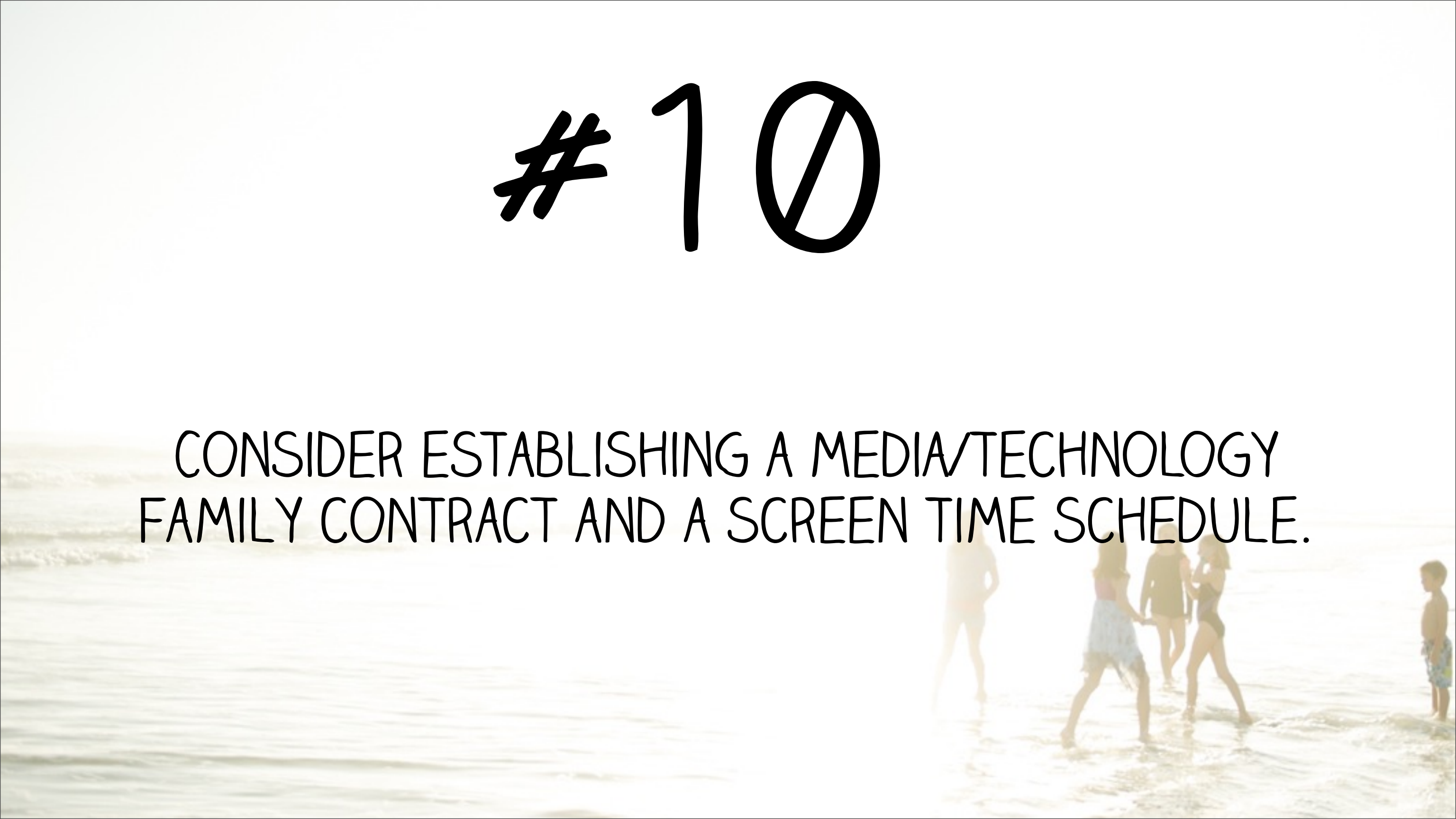
#9

SET CLEAR BOUNDARIES.

CONSIDER: TURNING OFF/TURN IN ALL MEDIA
DEVICES OFF AT LEAST 1 HOUR BEFORE
BEDTIME.

#10

CONSIDER ESTABLISHING A MEDIA/TECHNOLOGY
FAMILY CONTRACT AND A SCREEN TIME SCHEDULE.



CHALLENGES

-SET TECH-FREE
TIMES, DAYS, HOLIDAYS

-30 MIN MORNING, 30MIN
AFTERNOON, 60 MIN NIGHT

-HOW WILL YOU SET AN GOOD
EXAMPLE FOR YOUR CHILDREN?



BUILDING CONSENSUS

HOW TO HAVE A FAMILY
MEETING



FAMILY MEETING 101

BACKGROUND ON MI⁽¹⁷⁾

- A COUNSELING APPROACH DEVELOPED TO ELICIT BEHAVIOR CHANGE.

- CORE COMPONENTS:

- OPEN-ENDED QUESTIONS
- AFFIRMATIONS
- REFLECTIVE LISTENING
- SUMMARIZING STATEMENTS



FAMILY MEETING 101

TIPS:

- SET UP A FAMILY MEETING (SEE HANDOUT)
- ESTABLISH FAMILY MEETING RULES.
- ALLOW ALL FAMILY MEMBERS TO RESPECTFULLY EXPRESS OPINIONS.
- ENCOURAGE EVERYONE TO BRAINSTORM SOLUTIONS.
- WORK WITH RESISTANCE INSTEAD OF CHALLENGING IT.
- WORK TOGETHER (INCLUDING COMPRISING) TO COME UP WITH A FEW FAMILY GOALS/MEDIA PLAN.