



# Talking to Parents and Caregivers about Screen Time and Social Media

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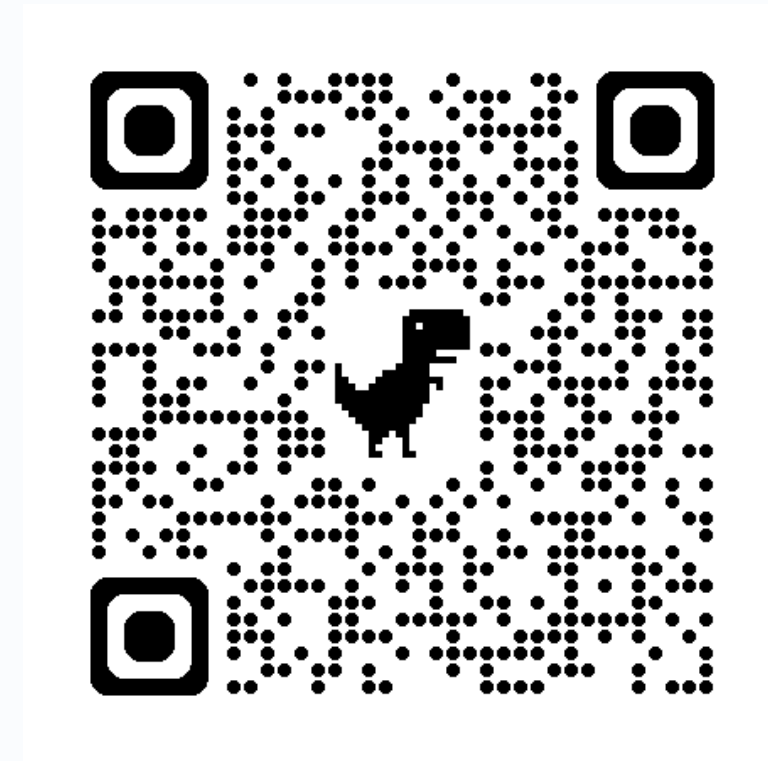
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# Ice Breaker



## Neuroplasticity Exercise

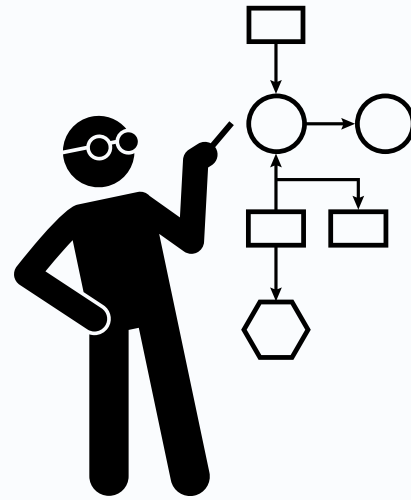


# Today's Objectives

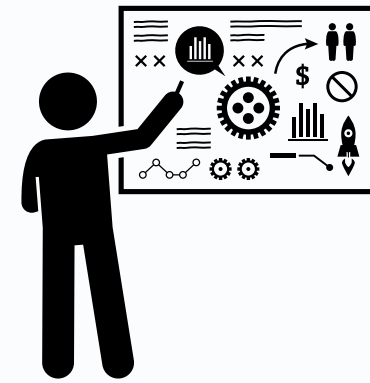
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Identify what makes us reluctant to talk about screen time and social media



Outline what conversations are effective with parents



Explore creative ways to empower parents in making smart and informed decisions about screen time and social media

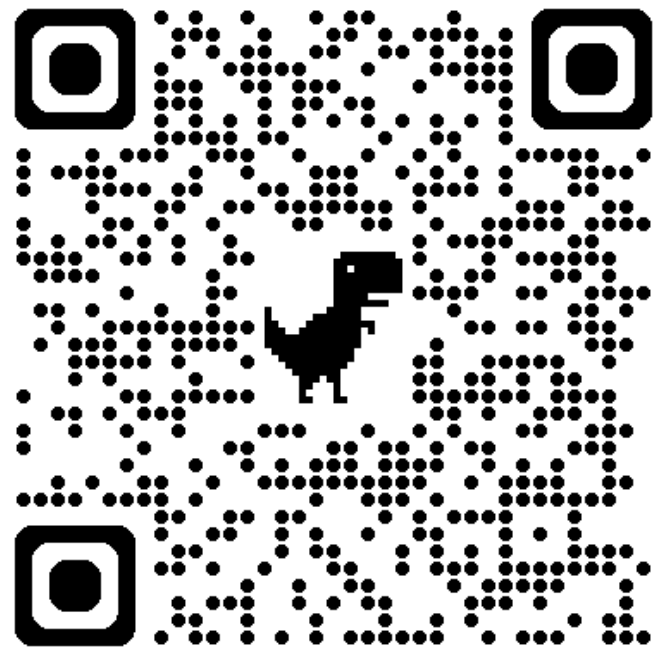


Examine the important role parents play in children's exposure to screens and social media platforms

# Healthy Development Services



Healthy Development Services (HDS) provides screening, assessment and treatment for infants, toddlers and preschoolers with mild to moderate developmental and/or behavioral concerns who would otherwise not qualify for early intervention. Services are provided at no cost thanks to generous funding from First 5 San Diego.



- Speech and language therapy
- Physical therapy
- Behavioral therapy/Motiva
- Occupational therapy
- Group classes and 1:1 sessions
- Care Coordination



# American Academy of Pediatrics



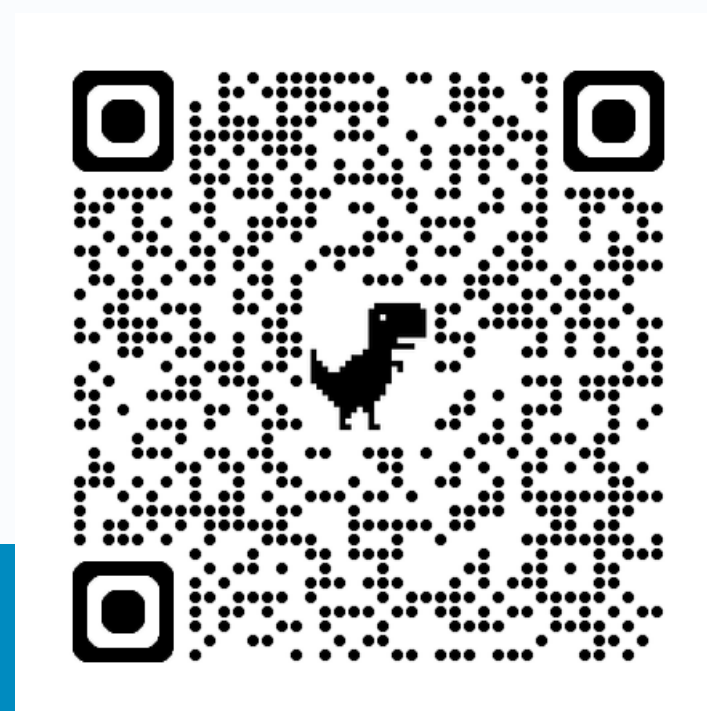
## 0-18 mos

minimizing or  
eliminating screen  
time

except, video-chatting

## 18mos- 2yrs

Co-viewing  
high-quality videos



## 2+ years

limit 1hr or less a day

No interference with  
sleep, physical  
activity, and social  
interactions

# List reasons, Why do parents allow screen time?



# Parent Questionnaire

Did you have any difficulties with?  Feeding     Sleeping     Bonding     Other: \_\_\_\_\_

What time does this child go to bed? 7:30-8pm    Fall asleep? 8pm    Wake up? 7am

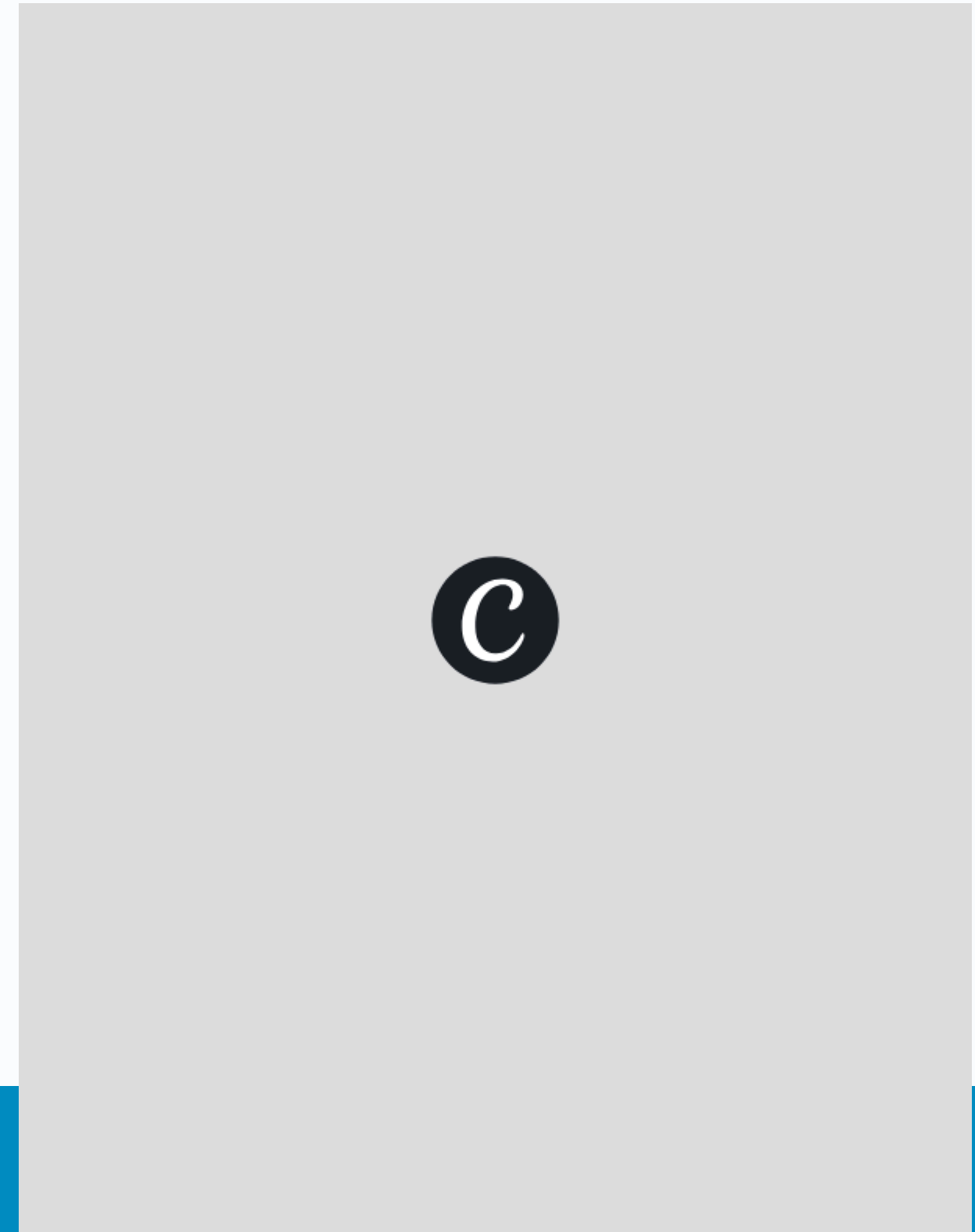
During a typical day, how much time does this child spend watching TV, movies, or playing video games?

No screen time     Two hours or less     More than two hours





# Infants and Screens



[Cell Phone still Face Project](#)



# Toddlers and Screens



# Social Emotional



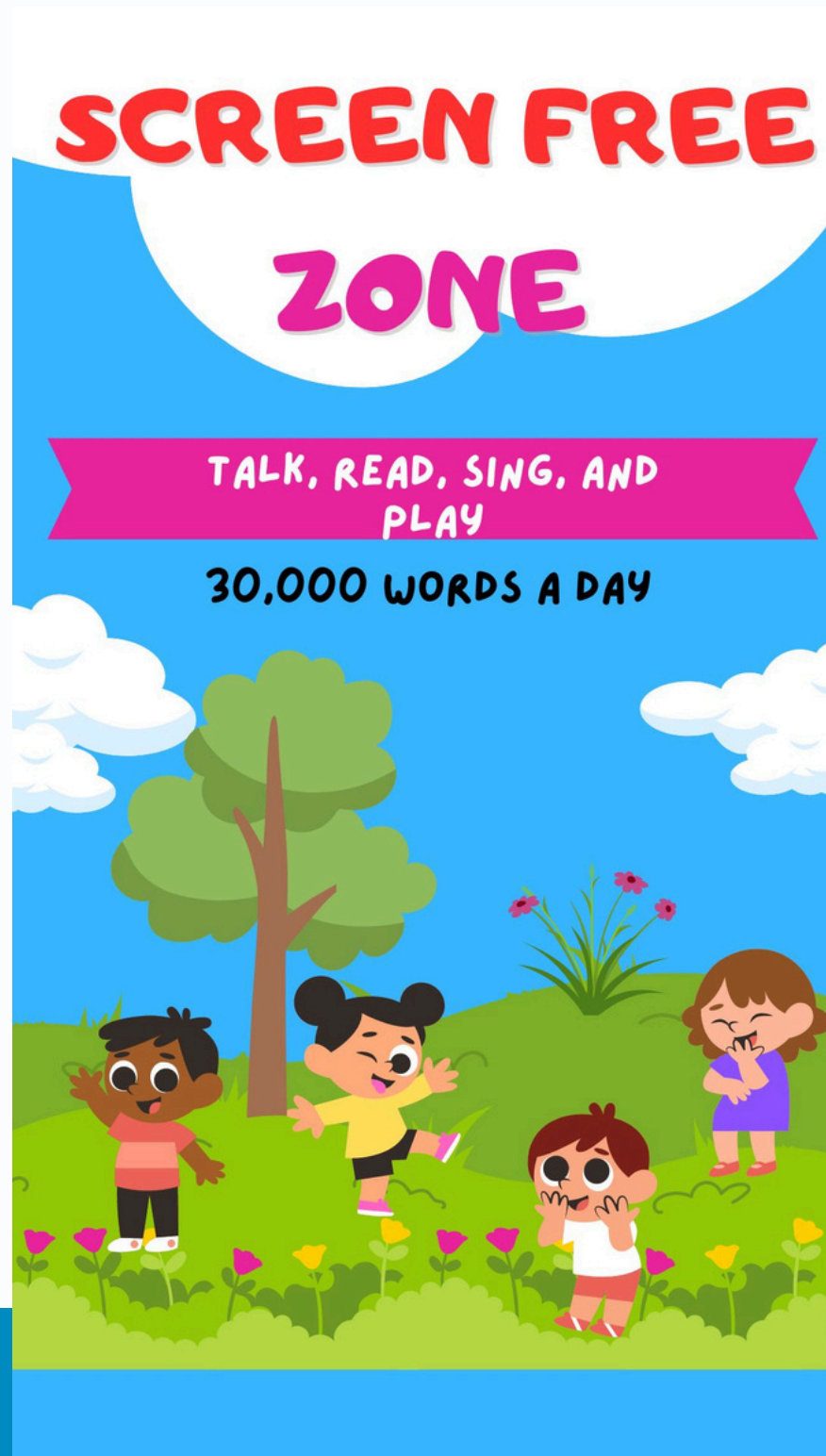
## Parents mental health and wellbeing

### symbolic play

Over the last two weeks, how often have you been bothered by either of the following problems? Check the following:

- |   |                                     |  |   |   |
|---|-------------------------------------|--|---|---|
| 1. Little interest or pleasure in doing things: | <input type="checkbox"/> Not at all | <input checked="" type="checkbox"/> Several days | <input type="checkbox"/> More than half the days            | <input type="checkbox"/> Nearly every day |
| 2. Feeling down, depressed or hopeless:         | <input type="checkbox"/> Not at all | <input type="checkbox"/> Several days            | <input checked="" type="checkbox"/> More than half the days | <input type="checkbox"/> Nearly every day |
| 3. Feeling nervous, anxious or on edge:         | <input type="checkbox"/> Not at all | <input checked="" type="checkbox"/> Several days | <input type="checkbox"/> More than half the days            | <input type="checkbox"/> Nearly every day |
| 4. Not being able to stop or control worrying:  | <input type="checkbox"/> Not at all | <input checked="" type="checkbox"/> Several days | <input type="checkbox"/> More than half the days            | <input type="checkbox"/> Nearly every day |

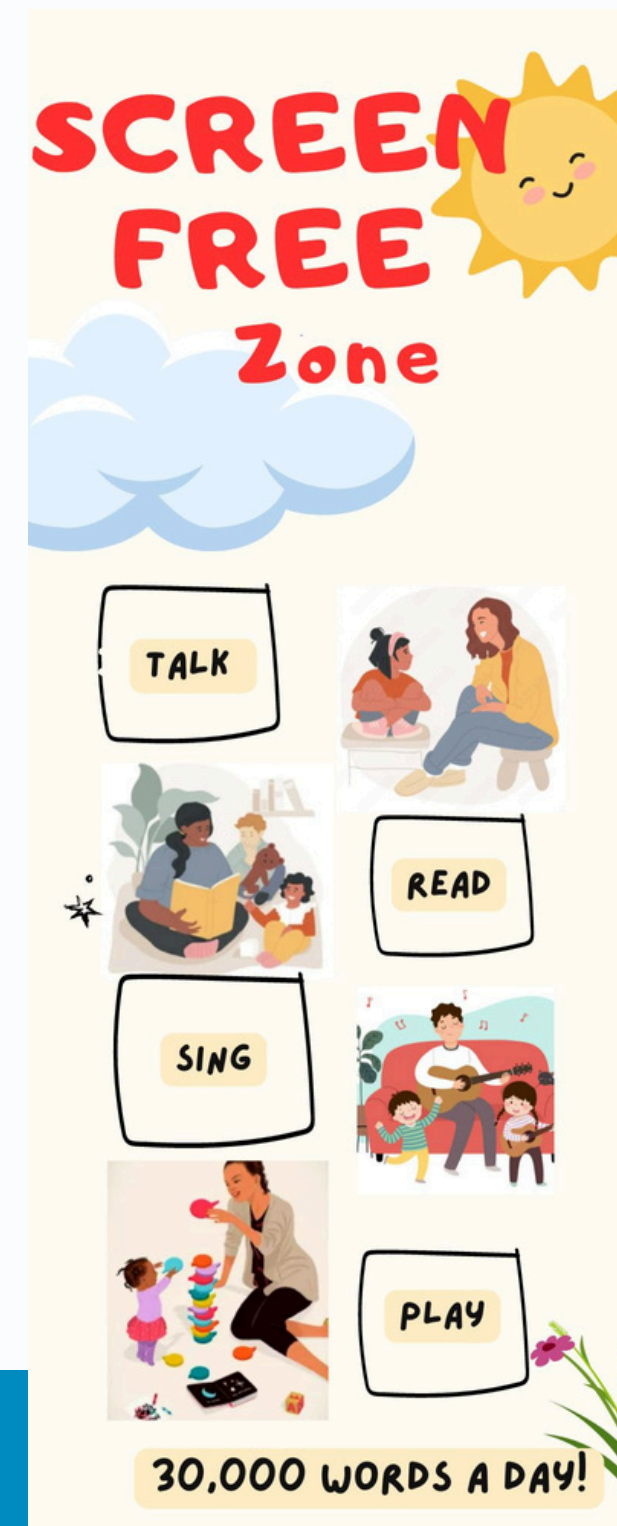
# Moving FORWARD



**SCREEN FREE ZONE**

TALK, READ, SING, AND PLAY

30,000 WORDS A DAY



**SCREEN FREE Zone**

TALK

READ

SING

PLAY

30,000 WORDS A DAY!

# Activity box

1. In small groups of 3-4, designate someone the role of “child”
2. Select a box and follow the instructions provided

**For the next ten minutes engage with this box and with your child**





# Thank you!



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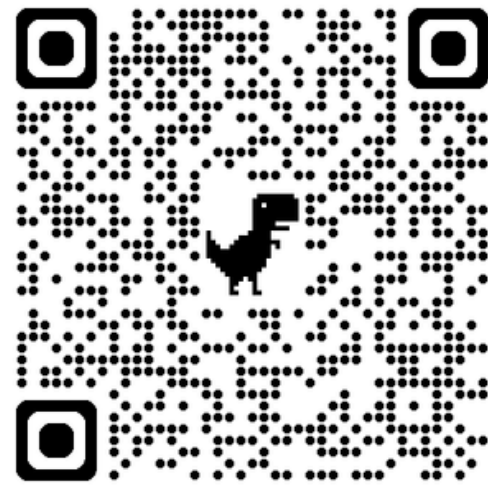
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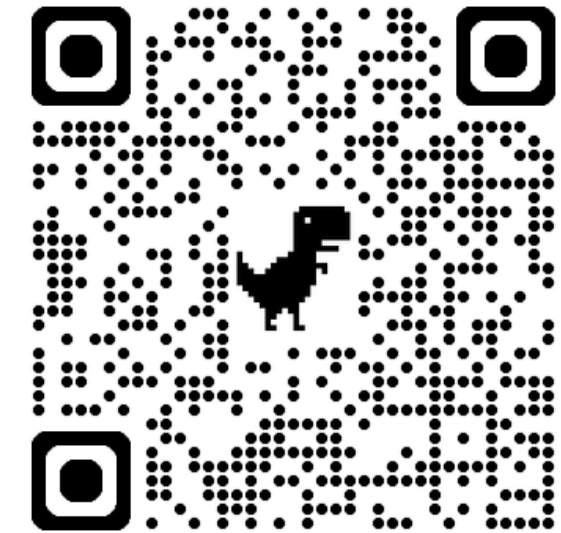
# Reference page



be tech wise baby handout



American Academy of Pediatrics



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