

## TIPS FOR EMBRACING BALANCE & WELL-BEING

### SCREEN TIME - THE AGE OLD NEMESIS

Source: Dr. Datta Munshi, Pediatrician- North Fulton Pediatrics

While managing screen time in our homes has always been challenging, the pandemic coupled with long term distance learning has made screen time limitation seem downright impossible - and it's not even summer yet! While it is understandable that screen time is going to increase in all of our households during this stressful time, below are some strategies to help better understand your families' media use patterns and encourage healthy behaviors.

#### Use the AAP recommendations as a guideline to help set ground rules:

**<18 months** - screen use other than video chatting should be discouraged

**18months -2 years** - co-watch high quality programming/apps

**>2 years** - limit to 1 hour of high quality programming/apps that are co-viewed or co-played and create active non-screen activities whenever possible

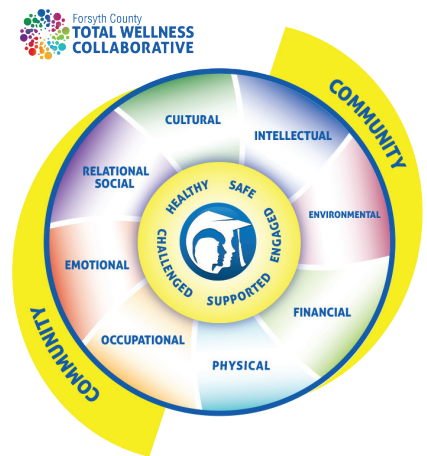
**Older children** - create media plans that focus on preserving the basics of good health. This includes making 8-12 hours of sleep a priority, physical activity for 1 hour/day and designated media free times in the home, especially 1-2 hours before bedtime.

**As parents**, it is our responsibility to model good habits with our own media use. Creating family media free zones like the dinner table or the bedroom go a long way in showing our children what a healthy relationship with technology looks like.

#### Screen time gets much more complicated as our children get older. It becomes imperative to understand their relationship with the media in order to create a plan that is effective as well as realistic.

- Understand what category of media your child utilizes
  - ▶ **Passive** - television shows, movies or YouTube videos would fall under this category. While entertaining, too many consecutive hours can lead to a decrease in physical activity and sleep disturbances.
  - ▶ **Interactive** - examples of this type of use is interactive gaming, social media like Facebook, TikTok, Instagram, Snapchat or Twitter. Teens will often gravitate to this type of media since connection to their peers is a developmental priority. Just like their "in person" friends, this type of media use requires check ins to ensure that the relationship is mutual, safe and healthy.
  - ▶ **Communication** - things like Facetime and Zoom fall under this category - this category has been especially helpful in preserving work, school and social connection in recent months.
  - ▶ **Content creation** - creation of media platforms like a website, YouTube channel or coding projects can fall under this category

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#### Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.



Some parents will be looking for activities and day camps for children to attend as they feel comfortable. There are also plenty of virtual camps and activities for those interested. Here are websites who frequently update local camp openings for Summer 2020:

[Special Needs Summer Camp](http://SpecialNeedsSummerCamp)  
[alpharetta.macaronikid.com](http://alpharetta.macaronikid.com)  
[cumminglocal.com](http://cumminglocal.com)  
[canton.macaronikid.com](http://canton.macaronikid.com)  
[activityhero.com/in/cumming-ga](http://activityhero.com/in/cumming-ga)  
[forsythco.com](http://forsythco.com)  
[dojodifference.com](http://dojodifference.com)  
[i9sports.com](http://i9sports.com)  
[pinecrestacademy.org](http://pinecrestacademy.org)  
[ymcaatlanta.org](http://ymcaatlanta.org)  
[outoftheboxartstudio.com](http://outoftheboxartstudio.com)  
[unitedfa.org](http://unitedfa.org)

“In the rush back to normal, use this time to consider what parts of normal are worth rushing back to.”

Dave Hollis

## SUMMER MOBILE FOOD PANTRY

This summer Cumming First UMC will be delivering a Food Bag to Forsyth County Families each Wednesday, beginning June 3rd. This bag will be delivered to your front door by a volunteer who will be wearing a mask and gloves. We will use every safety precaution possible.

If you would like a food bag delivered to your home, you will need to email [cperkins@cfumcga.com](mailto:cperkins@cfumcga.com) or call 770-887-2900. You will need to provide your name and contact phone number. You will receive a confirmation call of the delivery.

**SUMMER DELIVERY DATES:**  
June: 3rd, 10th, 17th, 24th  
July: 1st, 8th, 15th, 22nd, 29th



## FREE Mental Health Support

The Summit Wellness Group in Roswell, GA and The Place of Forsyth are proud to partner together to assist in providing emotional support services to GA residents impacted by the COVID 19 virus.

We understand that this is a difficult and anxiety provoking time for most of us and not being able to connect with friends and family in person can be lonely. Our counselor interns will be providing short term, non-crisis telehealth counseling, as a needed, at no cost. Sessions can be by phone or through virtual Zoom services. We will be providing stress reduction and emotional support.

Please call **The Place of Forsyth** at **770-887-1098** for more information.



### Screen Time, continued

2. Understand why they enjoy using their technology
  - ▶ Do they like using it to connect with their friends?
  - ▶ What specific aspects of their gaming experience are most enjoyable?
  - ▶ Where do they spend most of their time when they are "on their phone" - get familiar with games, social media platforms and what specific aspects they enjoy about each one.
3. Encourage active participation in conversations that focus on objective ways to look at screen use and how limitation is not a punishment but rather an intervention like exercise or sleep hygiene that promotes overall physical and emotional well-being. Ask questions that allow for self-reflection of technology on their overall health and help them identify how this can be improved. Some questions to ask include the following:
  - ▶ Do I constantly think about being connected to my technology and do I use screen time to escape problems or feelings I am having?
  - ▶ Do I feel irritable, moody or sad either when I am using technology or when I stop?
  - ▶ Does my technology get in the way of my school work, sleep, job or family or friend time?
  - ▶ Do I lose sense of time when I use my technology or do I lie about what I am doing on technology or how much I use it?
4. Encourage a family or team-based approach to technology limitation strategies.
  - ▶ Create technology free zones or times of day that all family members will adhere to
  - ▶ Encourage non-screen alternatives that the whole family enjoys and try to use technology together whenever possible - ie family movie nights or family gaming nights
  - ▶ Strive to be a good role model for screen - remember - your children are always watching

Technology is here to stay and is a vital part of how our families stay connected to the world around us. It has an ever-increasing role in all of our lives and striving to keep its use as healthy as possible for our families will remain a priority for all of us.

Below are some other helpful resources:

[Screen Time Guidelines](#)

[Family Media Plan](#)

[Reviews For What Your Children Want To Watch](#)



[Click here](#) to check out online story time and more with the Forsyth County Public Library.

## 5 Ways Women Should Care For Their Health

