**FXW**

**SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM**

# February Family Events

## The event will begin soon.

*Because seeing each other makes for better conversation, we invite you to have your camera on during the more interactive times during the event.*

# February Family Events

SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

Sarah Vaughn
Director of Innovation

Alyssa Brescia
Social Worker MSW, LCSW
HNC Campus

Dr. Seth Preminger
Clinical Psychologist
HNC Campus

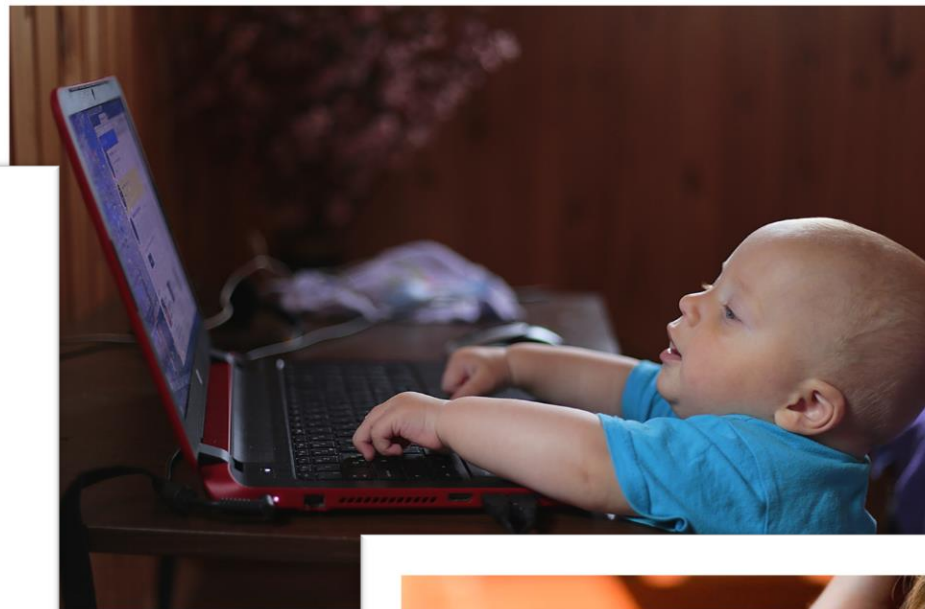Dr. Lisa Lombard
Clinical Psychologist
OSP Campus

Andrew Miller
School Psychologist
OSP Campus

# FXW
# SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

# How are you feeling about your family's current tech use?  Please choose the answer(s) that you feel best describes your feelings.  You may choose more than one answer.

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Lisa Lombard, PhD FXW SET Program
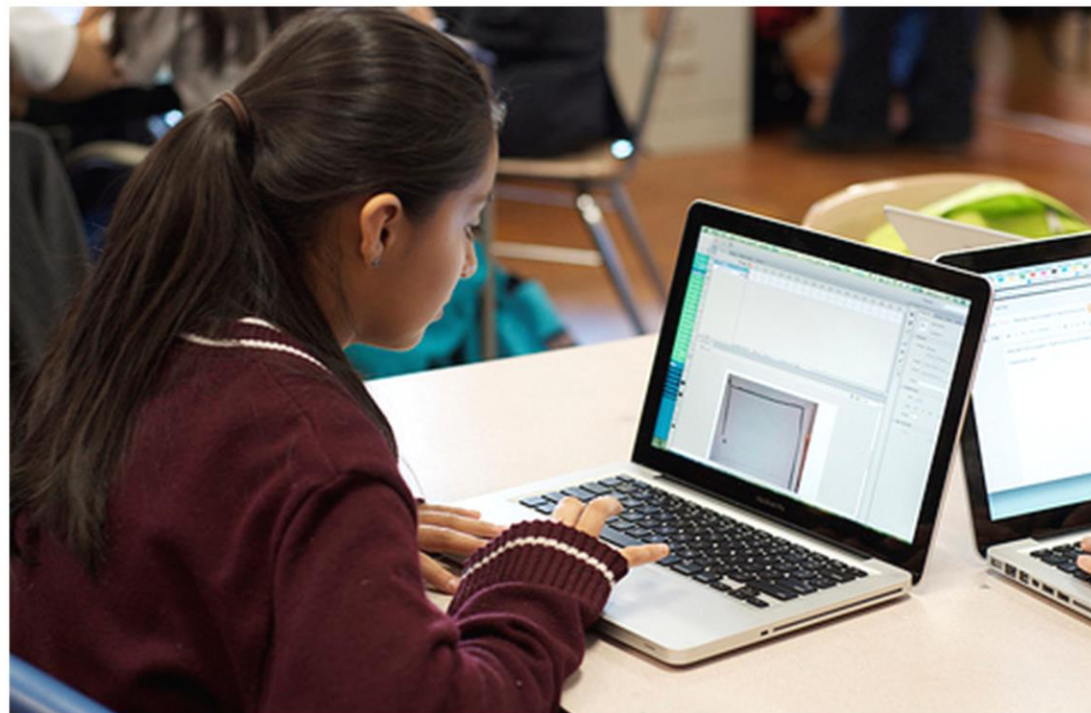
"*Parents right now will need to adjust to today's reality. A different environment requires different choices.*"

*— Dr. Michael Rich, Director, Center on Media and Child Health, Boston Children's Hospital*

Lisa Lombard, PhD FXW SET Program

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- **Set boundaries—when you can**
- **Prioritize wellness**
- **Emphasize social connections**
- **Be present for your child**
- **Go easy on yourself—and your kids**

*The Child Mind Institute*

# Screen Time should be thought of as *Screen Use*

Important new way to conceptualize screen time, important during these special pandemic times:

Screen Time = numerical measurement

Screen Use =  goal-directed behavior!

- Communicate practical, procedural information (e.g., when child will be picked up)
- Social Use/Social Connections
- Educational Uses
- Chill time
- More?

# Preschoolers - Music

Listening and singing along to music can help preschoolers develop their language skills.

Choose instrumental music, or music with preschool-friendly lyrics that your child enjoys.

# School-age Children & Music

- Listening to music can help children's language skills, creative thinking, and promote their awareness of other cultures.

- Help your child choose music that they enjoy, and that contains healthy messages.
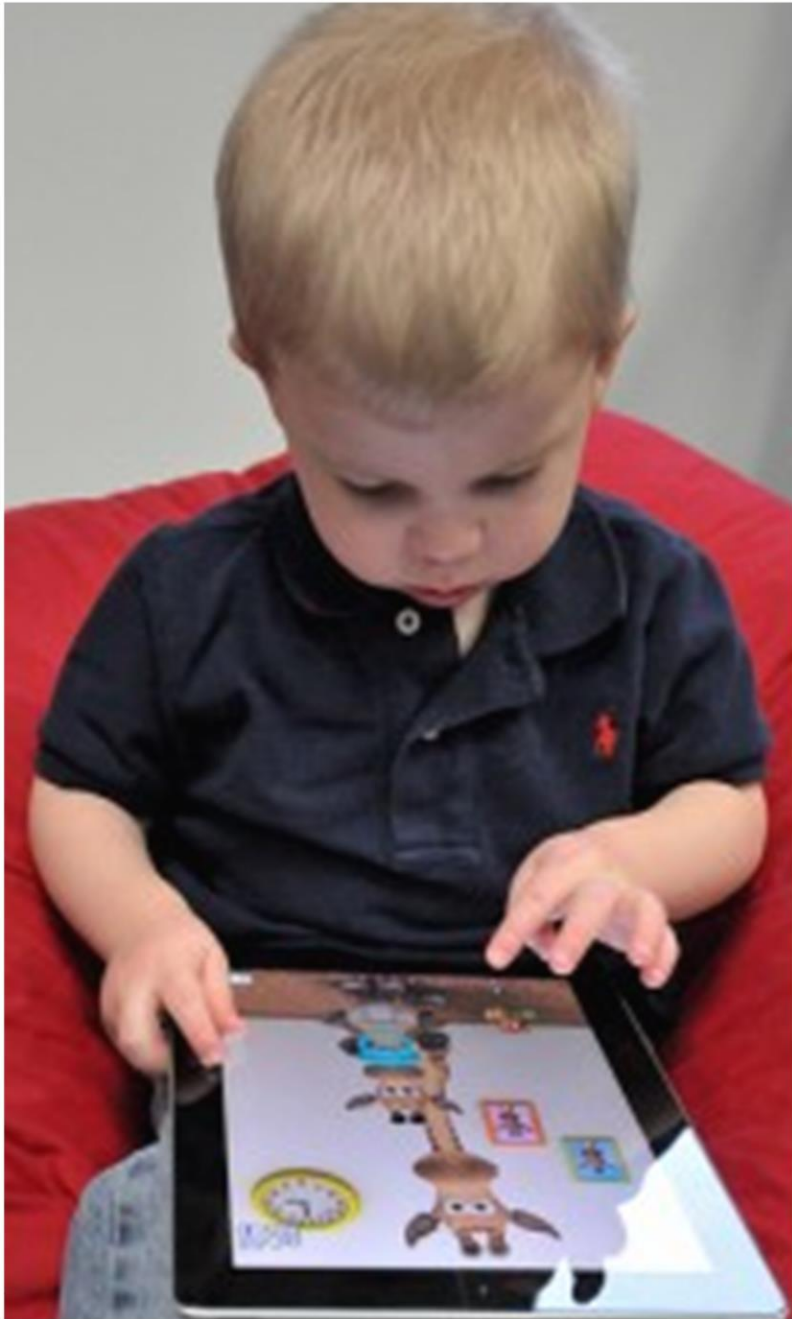
# Reading & Tech

- **Read together when you can.  But also use the tech for an independent reading experience.**

- **Model good habits for reading on a device.**

- **Make sure reading experiences on devices aren't distracting—the focus should be on the story!**

# Preschoolers – Video Time

• Educational videos can improve language skills, critical thinking skills, & social skills. Choose those made for preschoolers, such as Sesame Street, Dora the Explorer, or Daniel Tiger's Neighborhood.

• Not yet able to tell the difference between fantasy and reality. They may be scared or confused when watching videos. Watch shows & movies first or read reviews to help you choose content that is best for your child.

• Advertisements can influence preschoolers' food choices. Limit commercials by using ad-free streaming services, or by fast-forwarding through commercials.

# School Age Children: Video Time

- The more children watch TV, the more likely they are to gain weight, have sleep problems, & have poor attention.

- Encourage different activities, such as playing outside and with friends, in addition to watching TV & movies.

- Advertisements can influence children's food choices. Limit commercials by using ad-free streaming services, or by fast-forwarding through commercials.

- Videos that show violence, drinking, smoking, & drug use can lead to children copying those behaviors. Monitor the TV shows & movies your children watch, limiting their exposure to these unhealthy behaviors.

# Preschoolers & School-age Children: Video Games

- The Entertainment Software Ratings Board (ESRB) rates video games based on content. Games that are rated for Everyone (E) are usually well suited for school-aged children, but some may still be too violent or scary for your child.

-  Play through video games first or read reviews before allowing your child to play.

- Some video games can help children develop healthy social skills and encourage physical activity. Help children choose games that require working with others to accomplish a goal, or that get them up and moving.

Lisa Lombard, PhD FXW SET Program

# Preschool & School-age Children: Apps

- There are many entertainment and learning-based apps aimed at school-aged children.

- Choose apps for your child based on their likes and learning needs, such as a drawing app, memory quiz, or nonviolent game.

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