

Are you fighting daily battles with your child over screen time and social media?

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SUMMARY

The speaker discusses the challenges of parenting in the age of social media, particularly regarding their children's mental health and the addictive nature of technology. They emphasize the importance of setting boundaries and being intentional about how children engage with devices.

- *The speaker removed iPads from their children due to concerns over their mental health and addictive behaviors.*
- *They highlight the difficulty of parenting in a digital age, especially with teenagers.*
- *The speaker reflects on their own struggles with addiction to technology as an adult.*
- *They stress the need for cautious and intentional introduction of devices to children.*
- *The speaker notes that independence in children can sometimes backfire in parenting situations.*
- *They emphasize that lessons are often learned through experience rather than just verbal instruction.*
- *Setting limits is crucial for children to understand boundaries and navigate life effectively.*
- *The speaker warns against allowing screens to dominate children's upbringing, as it can hinder connection with parents.*

All three of my kids had iPads. I took them away. Their cries fighting was such a trigger to me. >> How do we help our children navigate the intense attractions of social media, especially when it affects their mental health. >> My daughter turned 13 and she's like, "Mom, please." And I'm like, "You don't understand what this is going to do to you." >> My son, he's this kid that basically [music] will ask for forgiveness, not permission.

>> I'm a grown adult and I get addicted. So, never mind a 14-year-old brain. >> It just becomes challenging [music] to really parent. >> I think you need to be very cautiously intentional about how you present this phone to her. A beast is coming into your house and no one is prepared for it. >> We fostered with him [music] a lot of independence and being strong willed. What happens is it tends to [music] backfire when it comes to parenting.

>> Things are not really inherited just by words. Things are inherited [music] by the energy. We've had to learn the hard way. I didn't have anybody to tell me what I'm telling you. >> How do we say no when [music] we can see the merit behind it? >> But he also needs to know that there are limits and limits is part of life. [music] It's a way to not connect with your children, right? It's a way to let your children be raised by the screens.

The most important [music] thing that our children need from us is type the word follow to get a [music] link to my podcast.