

(no title)

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0YWwDBP2AEA](https://www.youtube.com/watch?v=0YWwDBP2AEA)
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SUMMARY

This module addresses the challenges parents face regarding screen time for their children, emphasizing the importance of balance while integrating screen use into family values. It aims to provide strategies based on research to help families navigate screen time effectively, moving away from using it as a reward or a crutch.

- *Screen time is a common concern for parents, especially with toddlers and teens.*
- *Finding a balance in screen time is crucial but challenging due to competing needs for peace and rest.*
- *The module encourages parents to develop a strategy that aligns with their family's values and goals.*
- *It advocates for involving children in discussions about screen time to foster understanding and cooperation.*
- *Parents are guided to avoid using screen time as a reward or a means of coping.*
- *Strategies are provided for setting limits on screen time and managing children's reactions.*
- *The module aims to alleviate discomfort regarding children's screen activities and time spent.*

the topic of screen time is on every parent's mind whether we're considering the challenges of turning screens off when our toddler is screaming they want just one more episode or longer term worries about tweens and teens use of social media the key like in most instances is balance but finding and living with that balance is extremely difficult especially when we're juggling our own needs for peace and rest and screen time helps with this in this module we look at what the research

tells us and use that to inform a strategy that's uniquely right for our family we do this alongside our child so our use of screen time is integrated into our overall values and goals and leave behind using screen time as a reward or a crutch to lean on if you struggle to set limits on screen time or you set a limit in your child whines every day when it's time to turn it off even with countdown warnings

or if you just feel uncomfortable about what your child is doing on screens and how much time they're spending doing it this module will help you find the right path for you and your family [Music]