

TECH TALK

Grades K-5 ISSUE #3

The number of cloudy, cold, and rainy days is increasing and our screen time is as well. Communicating with friends and family can be challenging, however, some are saying that they talk more to their distant friends and family now than ever before. How technology is used makes all the difference.

1

Is it ok for my kids to just chat on Zoom?

Getting together can happen in so many ways when we just get a little creative. You can bake, play Legos, play dress up, color, create with play dough or clay, have **construction challenges** (who can build the tallest structure with spaghetti and small marshmallows?), read to each other, or write a play, story, poem or song together! You can create a playlist of cute puppy and kitty videos, use **Teleparty** to **watch a movie** together or **create your own newscast**. The best tool is to use it together when possible.

2

I keep hearing different numbers. How much screen time is too much?

“The American Academy of Pediatrics (AAP) relaxed their usual recommendations, acknowledging that children’s screen time will likely increase during the pandemic. Under normal circumstances, the AAP suggests no screen time for children younger than 18 months, minimal screen time with children from 18 to 24 months (with parent participation), one hour per day of high-quality programs for children ages 2 to 5 years, and no specific limit for children 6 and older, as long as it doesn’t interfere with sleep, physical activity, and other healthy habits.” Read the full article: https://bit.ly/ScreenTime_Balance and dig into this amazing resource to create a **Family Media Plan**

3

My child really wants to go to this website for their favorite toy/show/game. How can I tell if it is safe?

When in doubt, go hang out. Play on the site for a little and see if they are prompting you for personal information, if the site is loaded with advertising, has poor content or prompts for chat rooms. If it does, WIN! We have a teachable moment where we can talk about why this isn’t a good choice and then you can offer an alternative. Need ideas? Go here and then click on your child’s age to get age-appropriate suggestions. <http://bit.ly/SafeWebsites>

4

My child is asking to start their own YouTube channel and I think they have a really great idea. Is it safe?

First, congratulate yourself that they asked permission. This means your child understands that there are limits around their technology use. Next, it’s necessary to weigh out the pros and cons and see what is a good fit for your family. This is a really good outline of factors you can consider before taking the plunge or hitting the brakes: <http://bit.ly/YouTube4MyKids>

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Do you have any questions for our next issue? <http://bit.ly/Tech-TalkQuestions>

DID YOU MISS ISSUE #2?

HERE IT IS:

<https://bit.ly/TechTalkK-5Ed2>



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