

Counselor's Corner

February 2024

Healthy Tech Habits

Our children are growing up in an age where technology is all around them: phones, tablets, computers, video games. It can be challenging for families to find a way to find the balance their child's use, and even their own. Instead of focusing on the amount of time being spent on digital media, adults can focus on the content and the context in which the child is using it.

Tech Considerations

- Stay calm and start the conversation early: Whatever your beliefs and relationship is to technology, it is here. We can teach our children healthy habits they can use their whole life, rather than be overly restrictive and fearful of technology. Be honest with your child and let them know devices are not toys. Explain that there are benefits and also risks to device use, including issues related to privacy. Most importantly, don't be afraid to bring up the topic with your child. Share how you are managing your own use and why it's important to have awareness of tech use.
- Use your judgment: Using a device to video chat with a family member, play a video game and research a science project are not all the same. Use your best judgment about how to account for your child's screen use.
- Protect bedtime: As demonstrated from studies, phone, tablet and computer use before bedtime can interfere with sleep quality. Consider restricting screen use 30 minutes before bedtime, as well as allowing screens in the bedroom.
- Digital literacy: Help your child to become literate in the digital realm. Have conversations with your child about their presence online, and how to respond to situations like cyberbullying. Also, teach your child about what constitutes reliable online sources. With so much available online, be aware of what your child is accessing.
- IRL: While the online world allows for connection, these relationships aren't a replacement for the connections we have in real life. Help your child develop and nurture their relationships with the social skills they will need for their life.



(831) 429-1456

<https://www.hvesd.com/>

Upcoming Events

2/14
Board Meeting, MPR
3:30 pm

2/16-2/19
Lincoln & President's
Day Holidays

2/21
Parent Club Meeting
6:30 p.m.
Zoom

2/22
Read-a-Thon begins

2/23
PeaceBuilder
Assembly
11:15 am

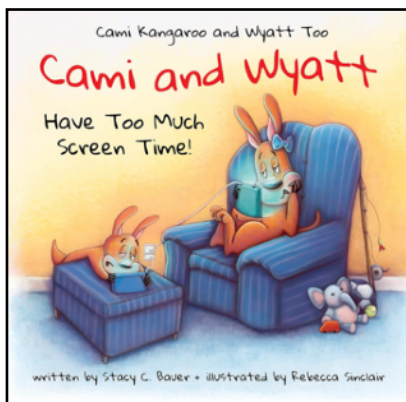
2/29
Report cards sent
home



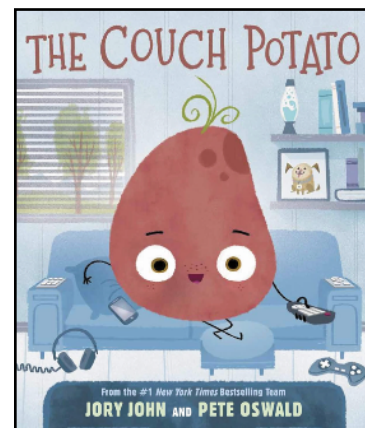
Common Sense Media has some suggestions about screen time use [here](#).

Books on Healthy Tech Habits

Cami and Wyatt Have Too Much Screen Time!
Stacy C. Bauer



The Couch Potato,
Jory John and Pete Oswald



Girls Who Code,
Stacia Deutsch
(Ages 8-12)



For Parents:
ScreenTime Solution,
Emily Cherkin

