

Raising Healthy Children in the Screenage

Parents' brochure

Here are a few recommendations, key tips and useful links:

1. **At night: Turn all devices off (including WiFi)**
2. **No screens in bedrooms to promote uninterrupted sleep (recommended for adults too)**
3. **When communicating or using internet, increase your distance from the device**
4. **No devices on body/in clothing unless in flight mode or turned off**
5. **Develop a family tech plan (see online links in handout)**
6. **Stick to recommended maximum screen times (NZ and US)**
7. **Learn to recognise addiction symptoms and address them early**
8. **Encourage a balanced lifestyle: Plenty of sleep and exercise, in-person time with friends, time outdoors daily. After study, sport and hobbies there's not much time left for screen play!**
9. **Teach your family/students habits of best practice tech use as early as possible**
10. **Model them yourselves!**

Everyday microwave exposure sources: Mobile phone; Wireless headset; FitBit; Smart watch; Two-way pagers; E-reader; Tablet; WiFi/WLAN routers; Baby monitors (one of the highest outputs in small devices); Remote control toys, drones etc; Wireless virtual reality goggles; Laptop; Wireless keyboard/mouse; Cordless phone and base; Microwave oven; Mobile phone base stations; Radio/TV transmitters; Free WiFi (eg in cities/public places such as shopping malls); mobile phone base stations; Smart meters; Smart cars; Many photocopiers. Many of these you can choose whether or how much to be exposed to.

[NZ Ministry of Social Devt Effects of screen time on pre-school health and development](#) In 2017, the Ministry of Health released national screen time guidelines for under-fives. You can download documents on Active Play Guidelines for Under 5s and the research report from this site <https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/research/screen-time-on-preschoolers/index.html>

Useful links:

- Self-regulation Dr Stuart Shanker Many resources to help parents and children <https://self-reg.ca/infographics/>
- Check out the NetSafe website <https://www.netsafe.org.nz/screen-time/>
- Check out the Sensible Screen Use website <https://www.sensiblecreenuse.org/>
- Develop a family screen plan <https://www.healthychildren.org/English/media/Pages/default.aspx>
- Develop a phone contract between your child and you, the parents. See Redmayne Reports FB page for a suggested contract or examples can be found here <http://www.themodernmumma.com.au/teenagers-phone-contract/> and http://www.theparentingplace.com/wp-content/uploads/2015/07/Cell_phone.pdf
- Check out the American Psychological Assn. Digital Guidelines: Promoting Healthy Technology Use for Children <https://www.apa.org/helpcenter/digital-guidelines>
- Take back control <http://humanetech.com/> Go to Centre for Humane Technology for suggestions
- Concern in NZ <https://www.newsroom.co.nz/2019/04/01/512592/what-too-much-screen-time-can-do-to-kids>
- See the first 5 minutes of an interview with Dr Robert Lustig, on the addiction aspect of screens <https://www.youtube.com/watch?v=EkkUtrL6B18>
- You'll be able to find many tips and other posts on Redmayne Reports Facebook page which you can find here <https://www.facebook.com/RedmayneReports/>