

**ENHANCING
COMMUNICATION FOR
ACADEMIC SUCCESS:
OUTSMARTING THE SMART SCREENS**

**MATES PARENT EMPOWERMENT NIGHT
FEBRUARY 18, 2016**

WELCOME!

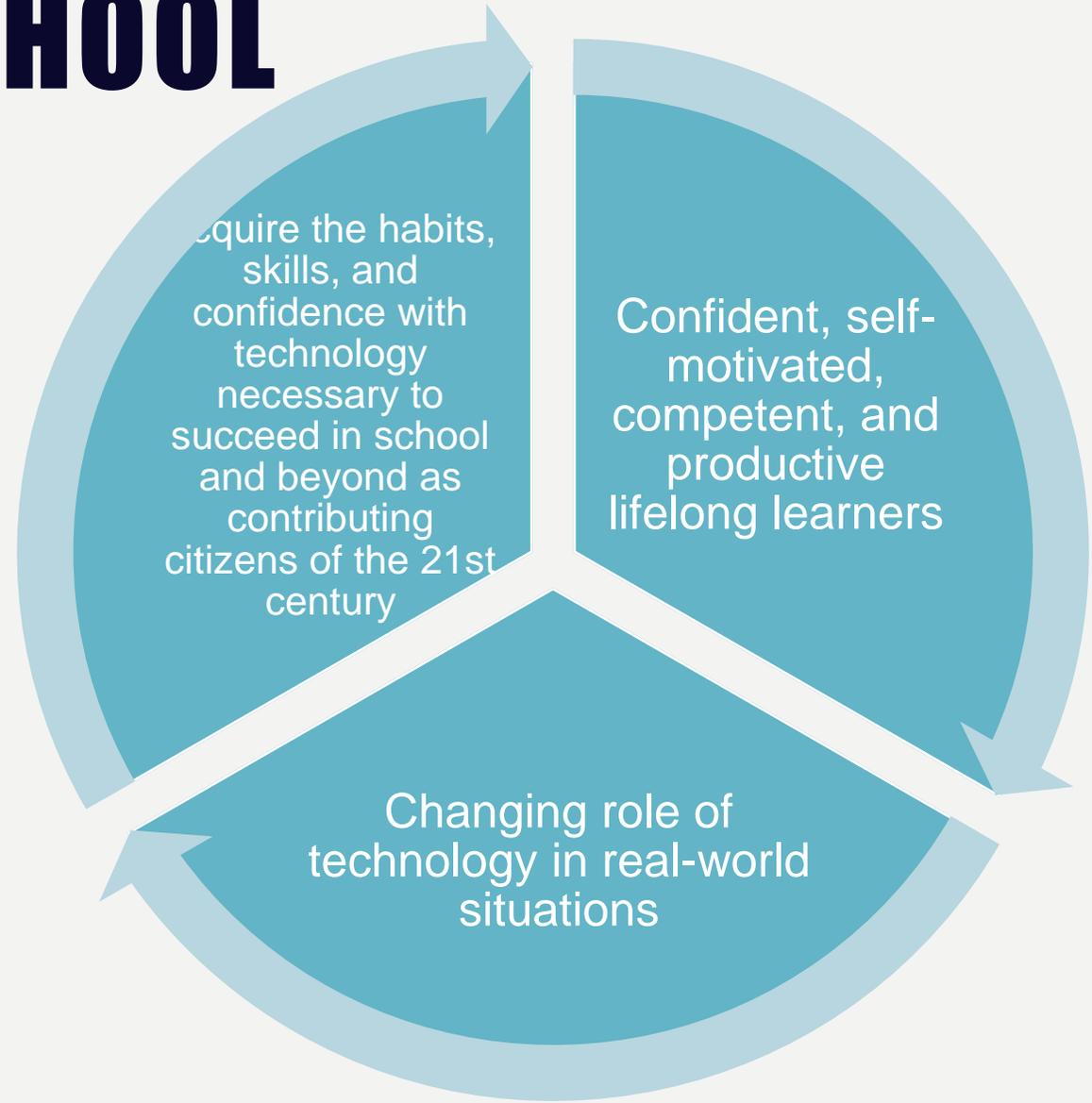
Warm Up Activity

1. Find two Post-It notes on your table
2. Use one to write one **benefit** of having technology in your home
3. Use one to write one **negative concept** of having technology in your home
4. Post your notes on the board



MEADOWS ARTS AND TECHNOLOGY ELEMENTARY SCHOOL

“Instituting a vision that welcomes innovation, honors the past, transforms the future, commands achievement, and empowers all children through Arts and Technology.”



INTEGRATION OF TECHNOLOGY

Technological skills and application are vital to all students entering into a global society



Blend technology with the arts



Technology enriches project-based learning



Scaffold for under-performing students



Apply technological solutions to academic and real-world situations

INTEGRATION OF TECHNOLOGY



Inventions

Multi-media presentations

Research skills

Projects

Instruction

Assessment

Remediation/Enrichment

Word-processing

Graphic art skills

“Moderation in all things”

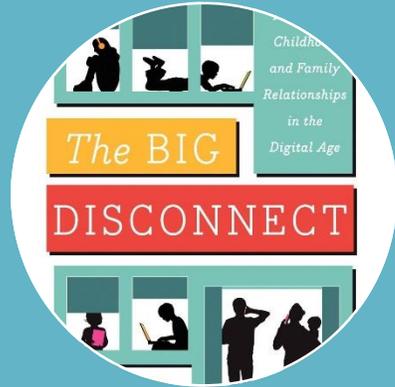
EARLY CHILDHOOD DEVELOPMENT

- Hardwired for human relationship – for survival and all future learning
- “The brain of the child is shaped by the interactions they have with parents – that’s just absolutely clear. We need to be in the physical and relational world before we reduce it down to screens.” Daniel Siegal, child psychiatrist
- The brain processes mediated (digital) interaction differently than direct human-to-human interaction
- Tech alters the development of the young brain

EARLY CHILDHOOD DEVELOPMENT

- Too much technology too early causes us to lose ground in critical areas
- Use it or lose it
- Conversation with family builds language skills that are critical for future academic success
- Through imaginative play, a child creates his first inner stories
- Encourage downtime -- the realm of imagination

ACADEMIC DEVELOPMENT



From The Big Disconnect by Catherine Steiner-Adair, Ed.D., clinical psychologist:

- “I hear disturbing reports from the school front where teachers report adverse effects on children’s play, their intellectual curiosity, their learning, and their social and emotional development. Crisis calls come from home and school when children’s online or social media missteps lead to damaging consequences. There is nothing here we cannot figure out and turn around to better serve us, but it requires some



During electronic play, what are they NOT doing?

- Balls not kicked
- Conversations not held
- Books not read
- Block towers not built
- Games not played
- Friends not made
- Homework not done...

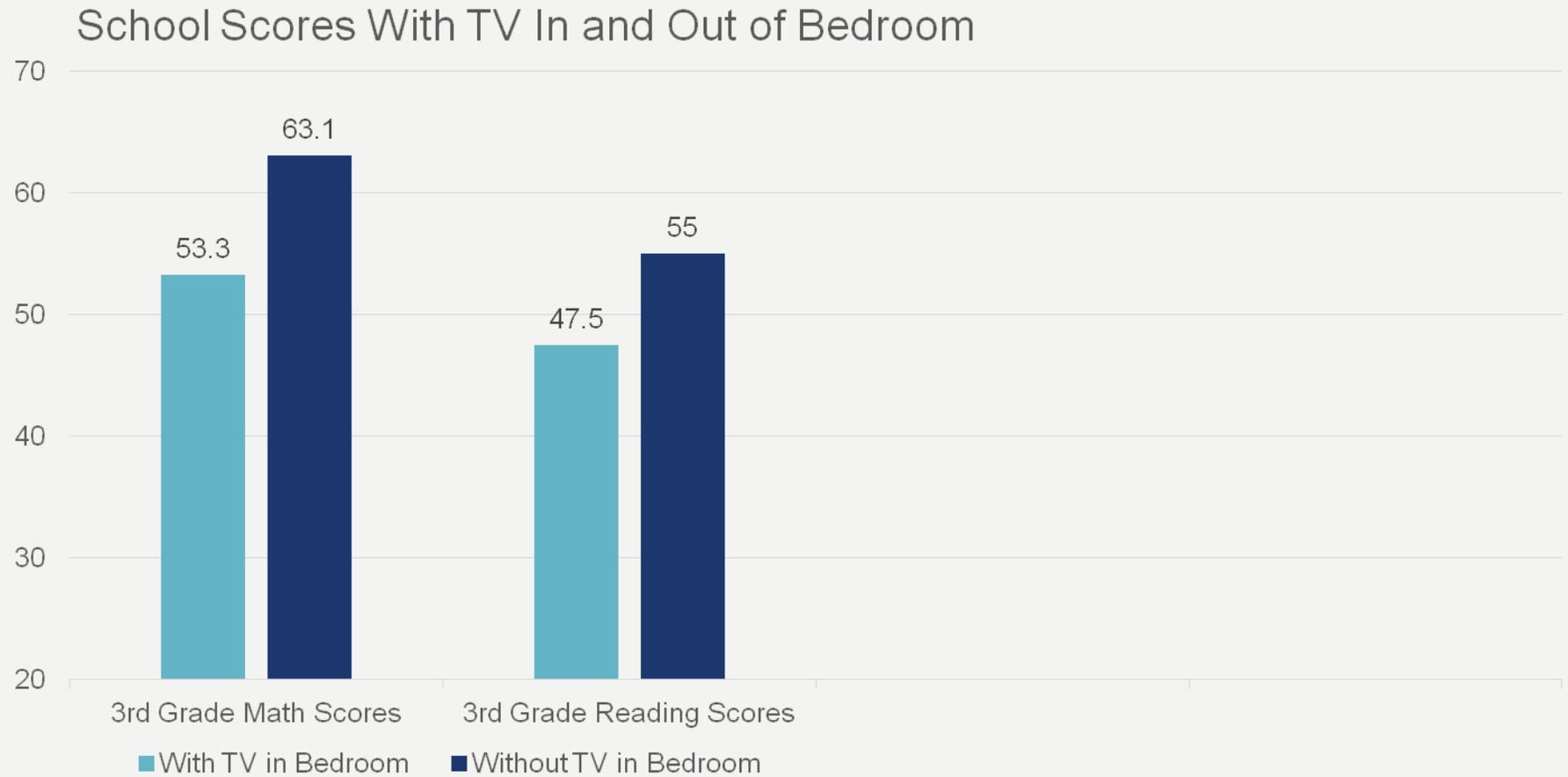
ACADEMIC DEVELOPMENT

- Hinders neurological connections needed for language and cognitive development
- Deficit in language development and foundations for later reading
- Too much tech can lead to distractibility and reading comprehension difficulties
- Constant multi-tasking undermines the capacity for sustained attention and deep thinking

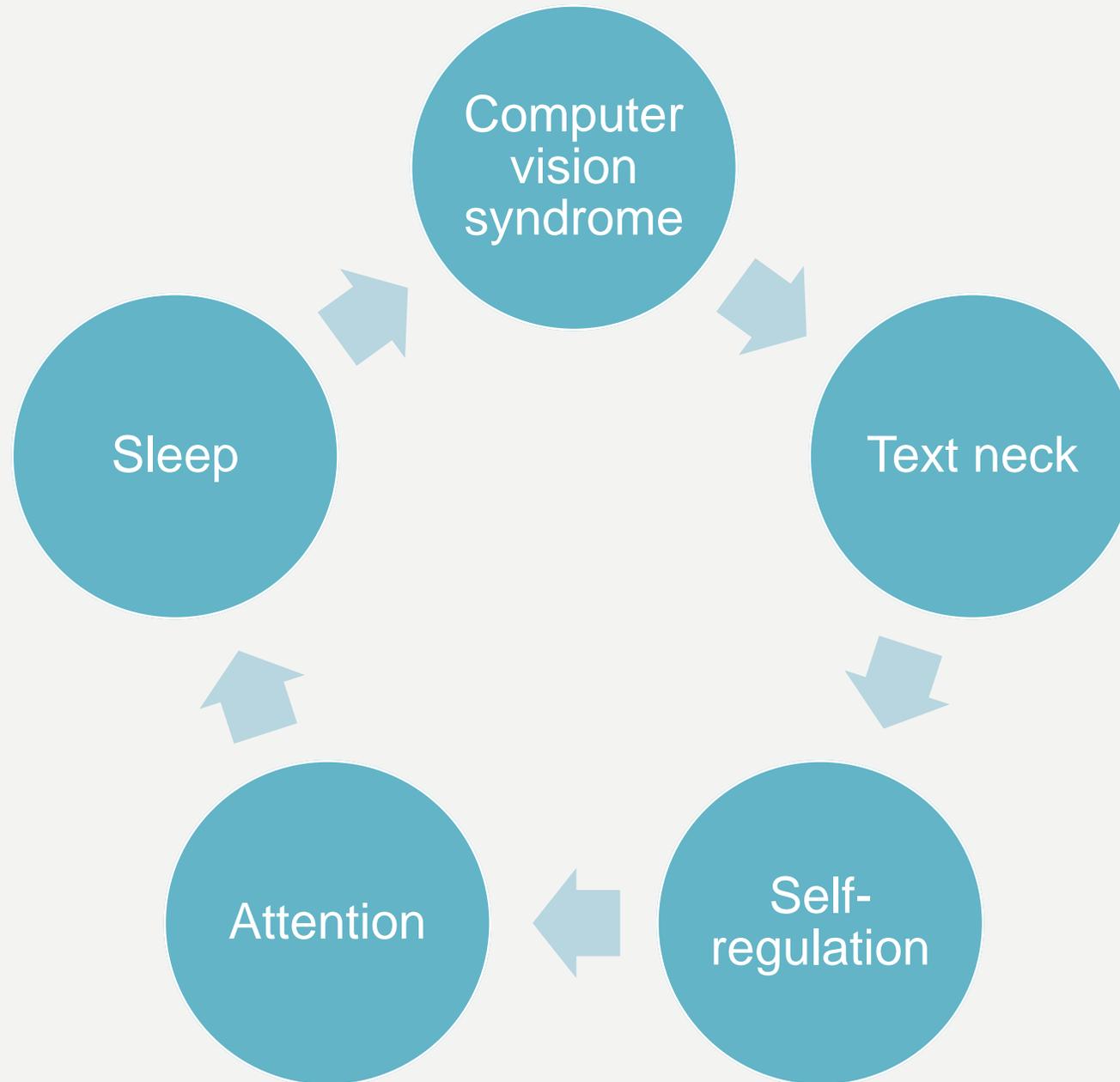
ACADEMIC DEVELOPMENT

- Talking and reading with your child strengthens neural pathways necessary for future learning
- The foundations of literacy are in speech sounds, tone and rhythm we use with words, not through digital sound

ACADEMIC DEVELOPMENT



HEALTH



FAMILY INTERACTION AND COMMUNICATION

- Family creates our first experiences of ourselves in the world and becomes the foundation of our view of the world
- Time family members spend together is dropping
- Deterioration of connection – basking in the glow of our own different screens
- Feelings of being ignored
- Language in the context of relationship – when we talk or read with our children, they experience imaginative storytelling, playful interaction that sets them up for success

EMOTIONAL HEALTH

Technology has changed our connections with each other

New level of on-demand presence

Relational fatigue

Self-regulation/
Self-soothing

Dealing with boredom

Encourage curiosity, listening skills, focus, problem-solving

Quotes from The Big Disconnect by Catherine Steiner-Adair, Ed.D., Clinical Psychologist:

- My mom is always on the iPad at dinner. She's always "just checking." (Tyler, seven)
- I always keep on asking her, "let's play, let's play" and she's always texting on her phone. (Penny, seven)
- A lot of times at home when my parents are home and on their computers, I feel like I'm not there, because they pretend like I'm not there...they're like not even talking to me, they just are ignoring me. I feel like, ughhh, sad [sigh]. (Ava, seven)
- When my dad is on the phone I have this conversation in my head: "Hello! Remember me? Remember who I am? I am your daughter! You had me cuz you wanted me. Only it doesn't

WHAT CAN I DO?

“Just as we are, we have all we need to set right our relationship with technology and incorporate it wisely to create vibrant, sustainable families.”

Catherine Steiner-Adair, *The Big Disconnect*



STRATEGY #1

SETTING LIMITS

You're not Alone!

When Steve Jobs was running Apple, he noted that in his household,
“We limit how much technology our kids use at home.”



STRATEGY #1

SETTING LIMITS

- Keep the TV out of the bedroom
- TV and homework
- Create a screen time schedule
- Avoid channel surfing
- Tech-time allowance
- Charge devices in parents' bedroom at night
- Device-free zone/ Device-free time
- Make gradual changes- try cutting one hour a week to start



STRATEGY #2

SET THE TONE

- Children learn by example and copy the behavior of adults
- Children are more likely to act out when parents are absorbed in their own devices
- Pick up from school/ Dinner time are key times of the day
- Avoid negotiations
- Make time for real-life activities



STRATEGY #3

CREATE AN APPROPRIATE CONTEXT

- Young children can learn from a screen – it just takes twice as long
- Children learn more from media when caring adults are present to support their learning
- Engage with your child during screen time
- Relate information in the app/show/movie to your child's past experiences and knowledge
- Bring information from the screen into the real world
- Have children share a tablet and work together
- Use “Closed Captioning” TV



STRATEGY #4

BECOME YOUR CHILD'S FAVORITE COMMUNICATION PARTNER

- What makes a person good to talk to?



STRATEGY #4

BECOME YOUR CHILD'S FAVORITE COMMUNICATION PARTNER

- Talk with your children about their day
 - Model curiosity
 - Brainstorm solutions to problems
 - Share your day as well
- Avoid falling into the “tester” role
- Avoid unpleasant conversations during dinner time or the kids will “dine and dash”
- Remember what you like in a conversation partner – be that person for your child



STRATEGY #5

CREATE ZONES OF INTERACTION

- Shared routines or conversations you create with your child
 - Meals
 - Bath
 - Bedtime
 - Cooking
 - Playground
 - Driving
- Develop critical language skills for academic success
- Develop sense of self and internal stability
- Texts/emails/Facebook interrupts these interactions
- Time talking and reading strengthens neural pathways for language development and reading comprehension skills



STRATEGY #5

CREATE ZONES OF INTERACTION

- Learn words through incidental experiences at home
- Children who are exposed to the largest variety of words at home become the most successful readers
- Children should understand the meaning of 4,000-5,000 words before they enter kindergarten
- Vocabulary is a major portion of the SAT college entrance exam
- Word games
- Games on the go



“Years from now, the quality of your relationship with your child won’t be measured by the high-tech toys or apps you gave them when they were young, but by the quality of connection you created together in these early years. It is precisely that loving connection that stimulates optimal brain development for future academic and emotional success.”

TAKE ACTION!

- Make a plan
- Reflect on your current practices
- What is your goal for the future?
 - Screen time goal
 - Communication goal
- Sample goals
 - Limit TV to _____ hours per day/week
 - Limit electronics to _____ hours per day/week
 - Family game night _____ times a week
 - Device-free time _____ minutes each day



RECOMMENDED READING

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