

# RAISING YOUR CHILD IN A DIGITAL WORLD WHAT PARENTS REALLY NEED TO KNOW SEMINAR SUMMARY

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BY DR KRISTY GOODWIN



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# RAISING YOUR CHILD IN A DIGITAL WORLD

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Thank you for recently attending one of my recent talks. I hope that you found the session helpful. Please find a summary of the key points addressed in the presentation below.

I shared 6 questions that we need to address to determine if a child's screen-time is healthy or harmful.

// How much?

// What?

// When?

// Where?

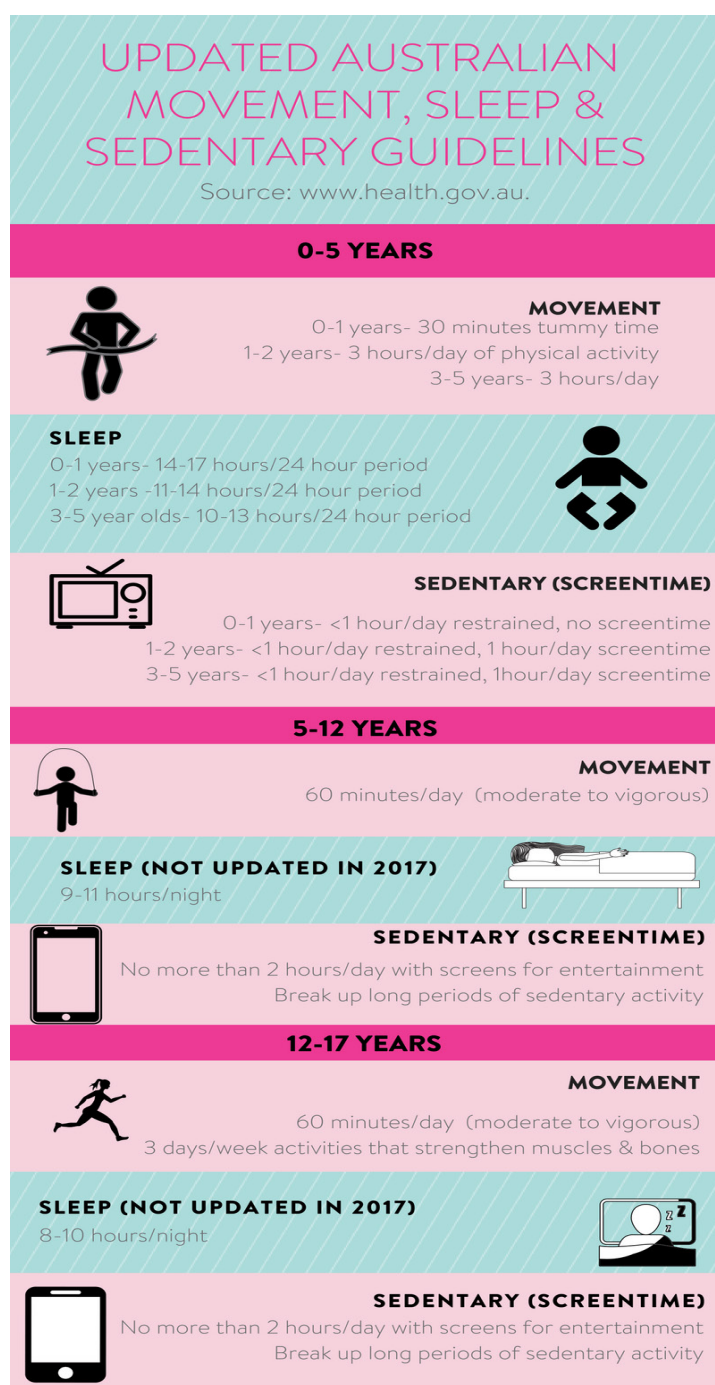
// How?

// With whom?



## How much?

Kids need help managing how much time they spend with screens, but it's difficult to prescribe specific screen-time limits simply based on their chronological age. All children have different tipping points. If we focus exclusively on 'how much' time children are spending with screens, we can sometimes overlook some of the other questions that we must consider such as what are they watching/playing/creating? When and how are they using screens?





*Key message...*

Parents need to be the pilot of the digital plane

*Dr Kristy*  
GOODWIN

## *My simple formula for calculating healthy screen-time limits*

Want a simple screen-time limit formula? This is the formula I suggest parents apply, as it gives you peace of mind that your child's time online isn't eroding or harming their basic developmental needs.

Research consistently tells us that kids have seven, basic developmental priorities that will ensure their optimal development. It's critical that screen-time doesn't displace opportunities for these basic needs to be met.



## 1. RELATIONSHIPS



## 2. LANGUAGE



## 3. SLEEP



## 4. PLAY



## 5. PHYSICAL ACTIVITY



## 6. NUTRITION



## 7. EXECUTIVE FUNCTION SKILLS (IMPULSE CONTROL)





Screens can either help or hamper your child's basic needs. Screen-time isn't necessarily 'toxic' or 'bad' for your child.

For example, screens can be used to bolster relationships via video-chat technologies and playing games online, but if screens are used excessively then they be detrimental to your child's relationships and social skills.

My simple formula for calculating healthy amounts of screen-time:

24 hours – sleep\* – physical activity\* – time for 5 other basic developmental needs= time available for screen-time.

\*There are scientifically-based guidelines when it comes to specific amounts of sleep and physical activity that children need. These are guidelines that I strongly support!

## *Sleep guidelines -*

### *1-2 years*



AMOUNT OF SLEEP  
11 - 4 hours

### *Pre-schoolers (3-5 years)*



AMOUNT OF SLEEP  
10 - 13 hours

### *Primary school children*



AMOUNT OF SLEEP  
9 - 11 hours

### *Pre-teens and Teens*



AMOUNT OF SLEEP  
8 - 10 hours



## *Physical activity guidelines -*

// 1-5 year olds- Three hours per day of physical activity (light, moderate or vigorous) spread throughout the day.

// 5-12 year olds- At least one hour of moderate to vigorous intensity physical activity every day.



## *What?*

In addition to calculating healthy amounts of screen-time, we must also carefully consider what kids are doing when they're using screens. Is their screen-time for leisure or learning? Are they active or passive? Ideally, we want kids spending more of their screen-time creating and communicating (as this keeps them cognitively involved and prevents the 'digital zombie' effect) and less time consuming information (e.g. watching YouTube clips, TV, movies).

## *Finding appropriate content-*

To find age-appropriate content I highly recommend these tools:

// [Common Sense Media](#)- reviews apps, websites, video games, TV shows, movies.

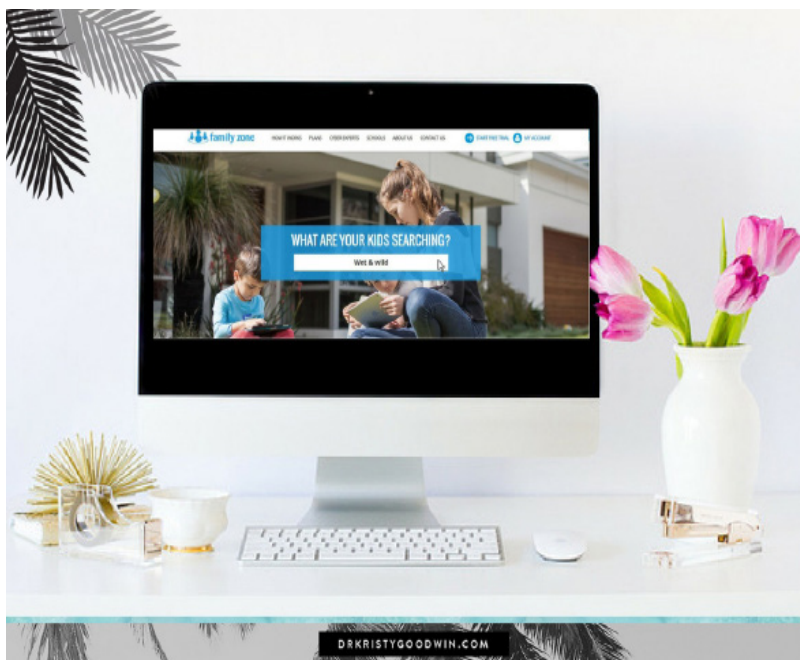
// [Australian Council on Children and the Media](#)- Australian child development experts provide app and movie reviews.

// [iParent](#)- a source of reliable parenting information about cyberbullying and cybersafety.



## Cyber-safety

We must protect our kids from accessing violent, pornographic or inappropriate content. They cannot 'unsee' things. Some simple strategies to keep kids safe online include using devices in publically-accessible places in the house (i.e. tech-free bedrooms), having ongoing and incidental conversations with your child about what they're doing online so that the lines of communication are open and doing random tech-audits so you know exactly what they're doing online. It's critical that screens aren't considered taboo as this will drive your child's behaviour underground.



I personally use and recommend the [Family Zone](#) to keep my kids safe online AND set screen-time limits (that won't end in tears and tantrums).

## When?

// Minimise screen-use in the 90 minutes before sleep or nap time (even 60 minutes will make a difference).

// Avoid rapid-fire screen activity before nap, sleep or school time as it may cause hyperarousal, making it difficult for children to focus.

// Allow children to empty their sensory cups after using a screen. Time in nature is an ideal way to re-calibrate the brain after screen-time.







// Balance kids' screen-time and green-time. Kids need outdoor, unstructured play each and every single day. Unplugged time is essential for their visual development, helps to regulate their circadian rhythms required for sleep and allows them to enter the mind-wandering mode of thinking (which will enable them to come up with creative ideas and solve problems).

## *Where?*

// Establish tech-free zones in your house. I recommend bedrooms, meal areas, cars (unless you're on a long-distance trip) and play spaces as essential tech-free spaces.

## *How?*

// Implement 20-20-20-20 rule for healthy visual development (i.e. every 20 minutes a child uses a screen, take at least a 20 second break, encourage your child to look at something 20 feet (6m) away and blink their eyes at least 20 times). Ensure your child has 10-15 hours in natural sunlight each week (wearing skin and eye protection).

// No apps in laps- keep devices out of laps to reduce possible electromagnetic radiation risks.

// Teach kids to use devices in ergonomically-correct ways (i.e. use tablet devices on tummies and laptops and computers just below eye-line).

// Use ear-muff, noise-cancelling headphones, limit headphones to no more than 1 hour/day and set maximum levels for healthy hearing.

## *With whom?*

// Where possible, encourage your child to use technology with someone (ideally a parent, but siblings and peers also work well). This keeps your child actively involved and reduces chances of them accessing inappropriate content and entering the 'digital zombie' state.





## DO YOU HAVE OTHER DIGITAL DILEMMAS?

You can also submit your digital dilemmas to Kristy's website and she'll share her response online (your submission will be kept confidential).

You can also view her library of online courses here too. Contact Dr Kristy's team if you have any other enquiries via [info@drkristygoodwin.com](mailto:info@drkristygoodwin.com)



### RAISING YOUR CHILD IN A DIGITAL WORLD

Watch online

VIDEO SEMINAR

[DRKRISTYGOODWIN.COM](http://DRKRISTYGOODWIN.COM)





# Dr Kristy's Book



Raising Your Child in a Digital World translates the most current research on new technologies and their impact on young kids into practical and digestible information for parents (and professionals working with families). It busts the myths, explores the benefits of time online and helps parents to successfully guide their children to balance 'screen time' with 'green time' (and alleviate their techno-guilt).

This book finally allows parents to put an end to the guesswork and guilt when it comes to raising kids in a digital world (without telling them to ban the iPad, or unplug the TV). Because digital abstinence is not the solution.



"Dr Kristy shares my concerns around the potential for harm when technology is used too much or inappropriately and in her book she has explored research and common sense to give parents an excellent guide to navigating this strange new world. She guides parents on how to make good decisions in the home while being mindful of what to be careful of at various ages and stages in terms of internet usage. She makes complex information easy to read and understand. This book needs to be in every home where our digital children aged birth to 25 live."

Maggie Dent | Author | Speaker | Parenting Educator

"Impressed by this new book which is well researched and steers carefully and in details around the hazards and harms of too much screen use by children and teens. It's not merely balanced (which can be a copout), but very specific about what to avoid and why, and is based around what children need for their age and stage."



Steve Biddulph | Author | Speaker | Parenting Educator



Now more than ever we need this book! This book gives peace of mind, that children can thrive in a digital world and stay connected to themselves and the world around them. Kristy delivers the research but more than anything she solidifies the need for play, connected relationships and getting outdoors in nature and that you don't have to give up one to have the other. She encourages that we can strike a balance and use technology to our advantage while nurturing the spirit of our child. Bravo!

Kerry Spina | Mum & Author Kids in Harmony

As a researcher in young children's technology use I'm increasingly aware that parents need more information about how to survive and thrive in this digital age. In 'unpacking' key research for parents, Dr Kristy Goodwin's work here presents a much needed resource.



Dr Kate Highfield | Macquarie University, Institute of Early Childhood





# About Dr Kristy

Dr Kristy's on a mission to solve parents' and educators' digital dilemmas by arming them with facts (not fears) about raising kids in the digital age. She helps parents ditch the techno-guilt and raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising kids in the digital age by translating the latest research, from a range of disciplines into practical and digestible information, tips, and tricks for parents and educators so that they can feel confident and assured that they're raising healthy, happy and balanced kids in the digital age.

## Want to learn more?

Dr Kristy travels throughout Australia and Asia to deliver engaging and informative parent and educator seminars.

To enquire about booking Dr Kristy click below

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