



Epping School District Mental Health and Wellness Newsletter Screen Time Tips and Reminders

March 24, 2020

Dear Parents and Guardians,

Well, we made it through the first week of social distancing and remote learning! From what we hear, things seem to have gone relatively smoothly for most families. Kudos to all of you who are working hard to figure out how to navigate this new world! With school now being primarily computer-based, we thought it would be helpful to send out some reminders and tips and strategies for helping your children manage screen time and be safe and appropriate online. A number of resources to help you are listed below. In addition, there are several pages attached that we hope you will find helpful. The first page is tips for parents/guardians. The second page is guidelines for older students on how to be good digital citizens and the last is guidelines for younger students. Please share these with your child. Be sure to reach out to the counselor or school psychologist in your building if you have any questions or concerns.

Sincerely,

Epping School District Counseling Department

Counselor/Psychologist contact information and office hours:

EES:

Julie Kratimenos: julie.kratimenos@eppingsd.org - 9:00am-12:00pm

Marianne McDonough: mmcdonough@eppingsd.org - 8:30am-10:00am, 2:00pm-3:30pm

Kathy Stanley-Berting: KStanley-berting@eppingsd.org - 8:00am-10:00am, 1:00pm-2:00pm

EMS:

Sarah Wagner: swagner@eppingsd.org - 8:30am-10:00am, 12:30pm-2:00pm

Nick DeGruttola: ndegruttola@eppingsd.org 9:00am-12:00pm

EHS:

Julie Morin jmorin@eppingsd.org 9:00am-10:30am and 1:00pm-2:30pm

Melora Bisailon mbisailon@eppingsd.org 10:30am-1:30pm

Sarah Wagner: swagner@eppingsd.org - 8:30am-10:00am, 12:30pm-2:00pm

Resources

<https://www.common sense media.org/blog/parents-ultimate-guide-to-parental-controls>

<https://www.common sense media.org/blog/parents-ultimate-guide-to-smart-devices>

<https://www.healthychildren.org/English/media/Pages/default.aspx> (how to create a family media plan)

<https://www.safesearchkids.com/online-safety-tips-for-parents-and-kids/#.XnkMuajYrIV>

Be Media SMART



▶ When it comes to technology, the best way to support your child's health and well being is to be media SMART

S

Set limits and expectations

- ❖ Have clear rules on how much time your child should spend on screens when not doing schoolwork (health experts recommend no more than two hours a day for children 5 and older)
- ❖ Have clear rules on what kind of screen time is allowed, such as which games are or are not okay to play

M

Monitor your child's activities

- ❖ Keep an eye on what they are watching/doing on their screens
- ❖ Know who they are interacting with
- ❖ Make sure they are being kind and respectful to others online

A

Aim for balance

- ❖ Take short 5-10 minute screen breaks every hour or so throughout the day (our eyes and brains need a break!)
- ❖ Encourage non-screen activities (going outside, drawing, reading)
- ❖ Set aside time to be together as a family without screens
 - Have family dinners without cell phones allowed at the table
 - Family game night – play cards or a board game



R

Role model

- ❖ Try to limit how much time you spend on screens to model healthy habits for your children
- ❖ Follow guidelines for tech etiquette for yourself as well

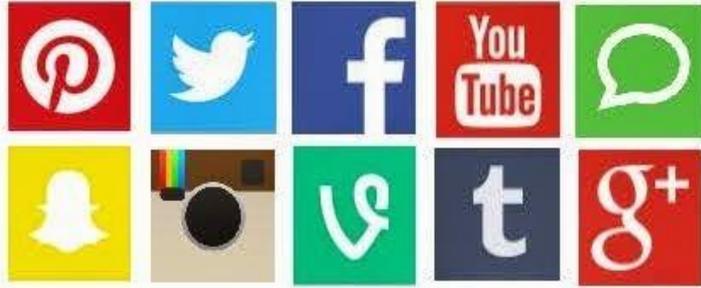
T

Teach yourself

- ❖ Learn about the latest in parental controls and privacy to help keep your children safe
- ❖ Take some time to learn about the games, sites, apps and other online activities that your children are engaging in.
- ❖ Common Sense Media (<https://www.commonsensemedia.org/>) is a great resource for knowing finding out if a game, movie, app or show is appropriate for your child.



Before
You...



THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?





ALL DIGITAL CITIZENS

**PROTECT
PRIVATE
INFORMATION**
for themselves
and others.

**RESPECT
THEMSELVES
AND OTHERS**
in online communities.

**STAY SAFE
ONLINE**
by listening to
their gut feelings.

**STAND UP TO
CYBERBULLYING**
when they
see it happening.

**BALANCE
THE TIME**
they spend using
media and doing
other activities.