

Boundaries?

Yes, our kids need boundaries with their mobile devices. We can help provide boundaries in a few ways:

1. Limit time. Many apps and settings will actually monitor your child's amount of time on their mobile device. Have your child turn in their device at a certain time every evening.
2. Limit content. Unlimited access to Netflix and YouTube greatly increase your child's chance of stumbling upon inappropriate content. Both of these apps have safeguards built in that can be set on your child's mobile device. Surfing the internet via a mobile device is a disaster waiting to happen. Take all internet surfing capability OFF of the mobile device OR give them a SAFE browser such as McGruff Safeguard Browser, K9 Protection Browser or AVG Family Safety.
3. Limit apps. BE SMART about apps; they are not all OK. Many parents allow children to have apps like snap chat, which allows easy access to nude pictures, and Kik Messenger, an anonymous texting app. Know the app your child is requesting. You can check out reviews of apps for kids at commonsensemedia.org and iparent.tv.

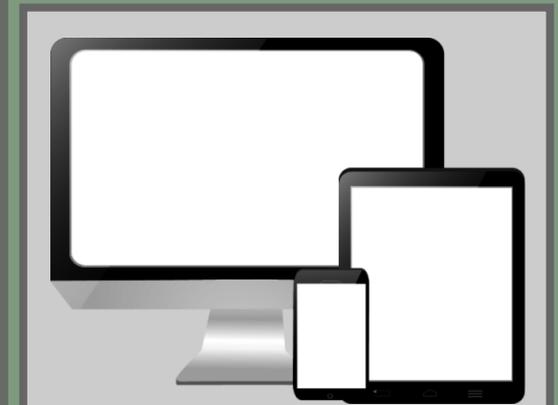
Source: ministrytoparents.com

Maybe it was a Super Nintendo, Oregon Trail on the school computer, or immersing yourself in episodes of Full House, but our exposure to technology was vastly different from what our children experience. They're inundated with technology EVERYWHERE they turn. They even have the ability to carry their technology around with them inside their pocket!

Does that mean we just hand them an Ipad, unlimited Netflix and YouTube access, and an unmonitored TV and allow them to handle technology however they deem fit? We want to help you, as a parent, understand the pros and cons of technology and how to manage it in a way that sets your child up for success.

How do we manage screen time such as TV, movies, video games, etc. with our child, and WHY should we put parameters around their use of technology anyway?

My Child And Technology



The Concern of Technology

Every generation of parents faces issues their parents never had to deal with. One of those issues for this generation of moms and dads is the impact of technology and media on the hearts and minds of their kids. We all have so many questions, and our prayer is that this material gives you a plan of attack when it comes to technology and media.

There's no way that any parent would ever take their child to Times Square in New York city, give them 500 dollars, and leave them for a day to have a good time. We know that idea is absurd, but parents all over the world drop their kids off in the world of technology every single day with no boundaries and the entire world a website, movie, or instagram away.

The connection between parenting and technology is crucial because of the role God has given us as parents. It's simple. It's our job as parents to pass down our faith, help kids make wise choices, and protect them when they can't protect themselves.

In the Bible we find a verse where King Solomon is giving advice to his kids and he says in Proverbs 3:7: "Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil."

When it comes to technology our kids feel very confident. Many times they understand how to utilize it better than we as parents. When it comes to technology, we have the responsibility of framing how our kids use it and placing boundaries that will guard their hearts and minds. Technology in and of itself is neutral; it is not evil. It's how we use it that determines its value. You, as a parent, need to process what your family plan is to help your kids use technology well.

Statistics

Average age of exposure to pornography for boys and girls is 8, often stumbled upon through use of an iPod, tablet, or laptop.

Today's children are spending an average of seven hours a day on entertainment media.

Studies have shown that excessive media use can lead to attention problems, school difficulties, sleep and eating disorders, and obesity.

We want to help you process some boundaries you can establish for your family when it comes to screen time at home. Since kids want to spend time watching TV, YouTube, and Netflix, the first step for parents is to develop a plan for their kids' healthy screen time at home. Here are some tips...

Practical Steps

1. Turn the television off during dinner-time and when driving around town in the car. Establish some natural down times when it comes for tech for the entire family. Start a habit of having conversations when riding around in town, not just watching DVD's. Also, dinnertime is a prime opportunity to actually catch up and look your kids in the eyes.
2. Set a good example for children. Read together, go outside and ride bikes, play board games, do arts and crafts, or find other non-electronic activities to do together.
3. Don't put televisions or computers in bedrooms. We know this may be hard, but when you place these in public spaces, you provide automatic accountability and access.
4. Let children earn and appreciate electronic entertainment time. For example, set a rule for no TV or video games until the weekend, and only after homework, chores and school activities for the week have been completed.

These are all just suggestions and the common bond is that they help you think about your plan when it comes to tech time at home.