STRESS HAPPENS.
HEALTHY BOUNDARIES CAN HELP.

THERE'S A HERO IN YOU

YOU ARE BRAVE

YOU ARE A ROLE MODEL

If you would like more information, please visit www.stresshappens.org or follow us on Facebook and Instagram at Beacon Community Impact for tips and tools.

It's JULY and summer break is more than half way through! If you're like most families, your children are probably spending time outside and in front of a screen.

Did you know doctors have recommendations for the use of media for youth up to 18 years old? Why are those boundaries worth implementing for the health of our children, especially when social media has become a major part of adolescent life?

First of all, screen time doesn't replace reading, playing or problem-solving, which activate more parts in our brains. The more areas of the brain we use during an activity, the better!

Too much or poor quality screen time has also been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavior problems
- Loss of social skills
- Loneliness
- Violence

Second, healthy screen time boundaries for your child have to begin with you. Most children won't limit themselves—especially if they have to stop doing something they enjoy. As parents, we can totally understand their frustrations because it's not always easy for us to stop fun activities either. We all have to learn to develop self-control. In fact, self-control is one of the most important values you can help your children develop as they grow up. The process starts with you establishing boundaries, then noticing and giving positive feedback when the boundaries are honored or dealing with the challenges when the boundaries are being stretched or busted. Most children are very smart and try to push against a boundary, so we parents have to be willing to let them experience healthy consequences.

Which of these boundaries from the Mayo Clinic could work in your family?

- Prioritize unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Require your children to charge their devices outside of their bedrooms at night.
- Keep screens out of your child's bedroom.
- Eliminate background TV.

Source: https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952

TIPS:

Finally, remember children are watching their parents for cues on when it's OK to use screens and how to use them. If we develop family boundaries — and revisit them as our children grow — we will help ensure they have a safe experience.

KOHL'S cares

BEACON HEALTH SYSTEM