

# Kids, Electronics and...

## Happiness

Spending more than a few hours per week using electronic media correlates negatively with self-happiness and self-esteem.

### Nate's Tips:

- Wait as long as possible to give your child a smartphone, and normalize that you will be monitoring
- Encourage activities such as in-person socializing, exercise, reading, attending church activities, and outdoor play

## Body Image

Social media use has been shown to cause negative feelings toward one's appearance and even long-term body image concerns. Girls especially are focused on beauty and perceived societal standards.

### Lejeana's tips –

- Set a goal to reduce screen time by an hour a day
- Turn off notifications to reduce the temptation to scroll
- Discuss with your child the validity of what they are seeing online (air-brushed images, for example)



## Sleep Habits

The most negative effects of technology come from the consequences of using it too much — including lack of sleep.

### Tina's Tips:

- Develop and help your child stick to a bedtime routine — even on weekends!
- Limit all blue light/LED activity an hour before bedtime
- Charge all electronics in another room

## Privacy

Children and teenagers do not fully think through the consequences of online behavior due to lack of brain development. Everything is public and can follow them throughout their lifetime.

### Emily's Tips:

- Monitor apps and browsing history
- Make sure location and privacy settings are set
- Be their 'friend' on social media
- Model positive behavior on your own accounts

### We are Here for You

If you have questions regarding a child in your life, your own mental health or that of another adult — contact us to talk with one of our caring, professional therapists.

info@cathchar.com • 712-252-4547  
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