NRFC Webinar Series

*Tips for Fathers: Helping Children Manage Screen Time and the Online World*

**September 25, 2019**

**Helpful Resources**

**Resources for Practitioners and Fathers**

- **American Academy of Pediatrics**
  - Children and adolescents and digital media, (November 2016)
  - American Academy of Pediatrics announces new recommendations for children’s media use, (October 2016)
  - Create your family media plan

- **BBC Parentland Podcast** “Should screen time be limited?” (May 6, 2019)
  - Eric Rasmussen speaks from 24.11 for about 5 minutes.

- **Brookings Institution**
  - Screen time for children: Good, bad, or it depends? (February 6, 2019)
  - Children need digital mentorship, not WHO’s restrictions on screen time (April 26, 2019)

- **Child Find of America**
  - A few words about online safety

- **Common Sense Media**
  - The new normal: parents, teens, screens, and sleep in the United States (2017)
    - Short video on screen usage (1:46)
  - The common sense census: Media use by kids age zero to eight (2017)

- **The Gottman Institute**
  - Your teen needs you to be their digital mentor (2017)
  - Distracted while parenting? Here’s how to be more attentive (2018)
  - ScreenTime: From tuning in to turning towards (2019)

- **Institute for Family Studies**

- **Mayo Clinic**
  - Screen time and children: How to guide your child (2019)

- **National Responsible Fatherhood Clearinghouse**
  - Helping fathers manage their children’s screen time: An information brief (2019, forthcoming)

- **Pew Research Center**
  - Teens who are constantly online are just as likely to socialize with their friends offline (2018)
  - How teens and parents navigate screen time and device distractions (2018)

- **Royal College of Paediatrics and Child Health, UK**
  - The health impacts of screen time: A fact sheet for parents (2019)
• World Health Organization
  o To grow up healthy, children need to sit less and play more
• Zero to Three: Screen Sense Resources including:
  o What the research says about the impact of media on children aged 0-3 years old
  o Screen-use tips for parents of children under three
  o Young children and screens: Putting parents in the driver's seat
  o Five tips to make the most of video chats

Books and other resources
• Brandon T. McDaniel and Jenny S. Radesky (2017). Technoference: Parent distraction with technology and associations with child behavior problems
• Jordan Shapiro (2018). The new childhood: Raising kids to thrive in a connected world
• Susan Stiffleman, Marriage and Family Therapist. Parenting in the digital age teleseries

Sources cited in Rebecca Parlakian’s webinar slides
• Zero-to-Three screen sense resources: https://www.zerotothree.org/screensense


Sources cited in Eric Rasmussen’s webinar slides

U.S. Children’s Media Exposure

- Rideout, V. (2017). The common sense census: Media use by kids age zero to eight.

Good Influences of Media:


Bad Influences of Media

Violence:


Sexual content:


**Substance use:**

**Advertising:**

**Internet/social media:**

**Other:**

**References from Eric’s “Tips for Fathers” slides**

**Tip 1: Change your own media habits**

**Tip 3: Set media rules the right way**

**Tip 4: Use media together purposefully**