Immanuel Christian School
Tools for Helping Your Child Succeed with Technology
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Immanuel Christian School wants to support students' academic success. If your student is on a screen for extensive periods of time and giving the reason of not being done with their work, please communicate with your child's teacher after you have done some investigation into what they have been specifically doing or working on. Most of our curriculum is <u>not</u> online, so computer use should be limited.

1. Start **Tech Talk Tuesday** conversations with your family to establish connection about this important topic: https://www.screenagersmovie.com/blog/why-is-tech-talk-tuesday-important

2. **Establish routines** and habits for your child's day, including a consistent schedule of meals and what time they wake up and go to bed. Include exercise as part of their schedule.

   *According to the Thrive Global article "Hidden Health Hazards of Working from Home," a health hazard of working (and learning) from home includes less exercise. Students may sit all day long in front of a computer screen, if allowed. During an in-person school day, children are not in front of screens for extended periods of time. They walk from class to class, to the lunch room, recess, or the library. There is quite a bit of built-in "non-seatwork" time in a student's day, even within the classroom. *Requiring breaks and exercise at home, daily, is a loving directive.*

3. Encourage your child to **<u>do things in order</u>**. It may be more productive for your student to complete homework before chatting with friends. Whatever routine you set, be consistent. Children are used to routines at school and ought to respond to routine at home. Also, children who are used to routines at home do well with routines at school.

4. **Set time limits.** Require a minimum number of off-screen hours per day, or set a maximum number of on-screen hours per day. It is recommended that screens are turned off 1 hour before bedtime to ensure restful sleep. Some parents turn off their modem at a certain time to limit Internet access.

5. **Establish safe locations** for computer use. It is generally accepted that it is not wise for children to have a computer stationed in their bedroom. Research shows that children get less sleep when they have easy access to electronics, and there is great temptation to engage in online activities that are not safe or healthy for them. This includes:

   - Chatting with strangers on social media
   - Using devices without permission
   - Pornography, whether intentional or by accident
   - Being on their device late at night (i.e., 2:00 in the morning)
   - Sending, receiving, or forwarding sexually explicit messages, photos, or images (sexting)

   It may be helpful to remind your child(ren) that rules exist because <u>you love them</u> and want them to stay safe. The level of self-control and restraint that is required for a child to have in using technology is far greater than anything that was required of us when we were their age.

6. **Evaluate parental control software**. Examples include: CovenantEyes, Qustodio Parental Control, and Net Nanny.

7. Set up a **screen time contract** with your child:
   https://www.screenagersmovie.com/resources/screen-time-contracts