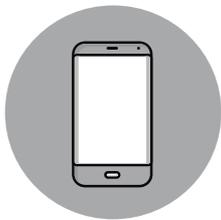


PARENTING MATTERS: TECHNOLOGY

☐ KINDERGARTEN - 3RD GRADE ☐

LIFE LOOKS A LITTLE LIKE...

Your kindergartener is beginning to read and can now understand things that pop up on the web that may have slipped by unnoticed before. By the time your child is in third grade they are fully capable of navigating most electronic platforms, probably better than you. Now is the time to decide what safeguards you will put in place to protect their heart and mind.



YOU PARENT THEM WELL WHEN YOU...

KNOW:

By age eight, 96% of children have watched TV, 90% have used a computer, 81% have played a video game and 60% have played games or used apps on a cell phone or tablet. Because of all this exposure, 1 out of 10 kids have seen pornography by their 10th birthday, most often accidentally through a search engine or pop-up. The time that kids spend on screens increases the likelihood that they will read, hear or see something that they shouldn't. Monitoring software works to limit the chance of them stumbling upon inappropriate content.

EXPECT:

Kids will push for more screen time, and will grow better at defending why they "need" to stay connected. They may want to video chat with their friends and message using a gaming system (Xbox or Playstation) or conversation apps found on phones, computers and tablets. They will need your guidance to choose hobbies and activities that don't include technology. Help them understand that time without screens is not a

PREPARE:

Set thoughtful guidelines for time limits and tech free zones. Connect with your spouse and other key players to ensure that you are on the same page. Be ready to explain to your kids why boundaries are important, why you chose them, and how committed you are to enforcement. Be prepared for your child to test their boundaries, this is a healthy part of their process and accepting it will lessen the chances of you giving in under pressure.

TALK:

Share with your kids the boundaries you've chosen and allow them to give input. Stick to your foundation, but invite them in on the conversation to increase their ownership. Explain that there may be a time when they accidentally see something inappropriate. Encourage them to practice "Close-Walk-Talk", where they close out of the screen, walk to a parent or guardian and talk about what they saw. Ensure them that they won't be punished and you won't be angry as long as they are honest and let you know right away.

YOUR NEXT STEPS ARE...

Action Plan:

Engage your child's interests outside of technology. Set aside time each week to be together as a families without technology. Then, create a bucket list of ideas and set a goal to check them all off over the course of the next year. Share pictures with us on Facebook (@mpkids) or Instagram (@mountainpark_kids), #parentingmatters

Below is a list of ideas to get you started:

- Have lunch or dinner outside
- Make a kite & fly it
- Make play dough or bubbles
- Catch bugs & observe them
- Paint with sidewalk paint
- Make a book together
- Paint rocks
- Plant a garden
- Make your favorite cookies together
- Search for constellations at night
- Go on a nature scavenger hunt
- Make homemade popsicles
- Build a fort & read in it
- Go fishing
- Build a birdhouse (or a fairy house!)
- Go to a museum
- Make fresh strawberry lemonade
- Play hide and seek in your backyard ... with a toy! (hide the toy!)
- Make homemade pizza with fresh veggies

Discussion Questions:

How can we use technology to help us do other things (Find a constellation in the sky, learn about different plants and animals, look up a recipe, etc.)?

If the power was out for a whole day what would you love to do?

What would happen if we spent all of our time just watching TV and playing video games?

ENGAGE YOUR FAITH BY...

Philippians 4:6b

...In everything by prayer and supplication with thanksgiving let your requests be made known to God.

As your kids grow, their eyes will be more opened to the real world. You will continue to protect and shelter them, but they will come across things in their lives that you wish you could keep them from. As you lead your child, confirm that inappropriate things exist, but that God calls us to focus on the great things that he has created, including ourselves. Setting boundaries is critical, but do more than that. Help them see the talents and skills God has gifted them with. Some of their talents may utilize technology, don't be afraid of that, the goal is to use their time wisely and honor God throughout their lives.

RESOURCES...

> Apps

ParentCue • Connect Church and Home

Jesus Calling Daily Devotional • Daily Readings and Devotional

> Web

ChildMind.org • Brain Development and Behavior Research

CommonSenseMedia.org • TV and Movie Ratings

iMom.com • Relatable Topical Parenting and Family Posts

RaisingBoysandGirls.com • Information on Education and Development

DigitalKidsInitiative.com • Resources for Navigating the Digital World

bit.ly/2wY CZFB • Parental Control Software Comparison

> Books

Growing Up Social: Raising Relational Kids in a Screen-Driven World by Gary Chapman, Arlene Pellicane

Disconnected: How To Reconnect Our Digitally Distracted Kids by Tom Kersting

Right Click: Parenting Your Teenager In A Digital Media World by Art Bamford, Kara Powell, Brad M Griffin

The Tech-Wise Family: Everyday Steps for Putting Technology in It's Proper Place by Andy Crouch



PARENTING
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