

Friends Parent Forum- Covid-19 Video 3

Today's five take a-ways:

1. Do a media diet inventory for each child.

Knowing how much time each child is spending viewing media will help parents prioritize and set good guidelines for each child concerning media viewing.

2. Limit the amount of time each child spends viewing media according to their age.

3. Intentionally select media content

For viewing by each child that aligns with parent's values, beliefs, and family interest.

4. Be aware of the content in video and online chatting.

Not all conversation may align with parent's values and beliefs.

5. Model- children learn what they live.

Parents should limit their use of media and screen time that aligns with the family's media and screen time goals

Resources:

- How to develop a family media plan:
<https://www.healthychildren.org/English/media/Pages/default.aspx>
- How to help parents set boundaries for media viewing:
<https://www.aappublications.org/news/2016/10/21/MediaParents102116>
- No Snapchat In the Bedroom? An Online Tool to Manage Kids' Media Use:
<https://www.npr.org/sections/health-shots/2016/10/21/498706789/no-snapchat-in-the-bedroom-an-online-tool-to-manage-kids-media-use>

Next Video: How isolation has helped to improve family relationships.

1. If you have questions or concerns, or ideas you want us to address for the next video: please email Kathie Stacy at kstacy@friendschurch.org
2. Leia, Sonya and I will be praying for you! Joshua 24-15 "As for me and my house, we will serve the Lord"

Biographies:

AnneMarie Mattacchione-Chesser: Mom of an adult child, wife to Dave Chesser 😊 No grandchildren yet, but I do have a cuddly grand dog. Working with children and families for over 38 years. Degrees in Early Childhood Education and Family Studies. M. ED in adult teaching and learning. Hobbies include

culinary explorations, gardening, sewing, crafting, and painting (which I am terrible), Bible study and teaching.

Leia Dillier: Mom of 4 littles, and wife to Bren Dillier. Current occupation is home-schooling mom and holds a BS of Elementary Education. Hobbies include cleaning, having friends over, cooking, doing laundry. I don't have any actual hobbies (a tiny bit of reading) due to my mom life.

Sonya Ramstad: Mother of 5 children, wife to Rick Burroughs, Grandmother of Preston. Sonya is a retired 20-year military combat veteran. Hobbies include knitting, sewing, and crafting, and torturing my children on occasion.