

# Digital Wellbeing

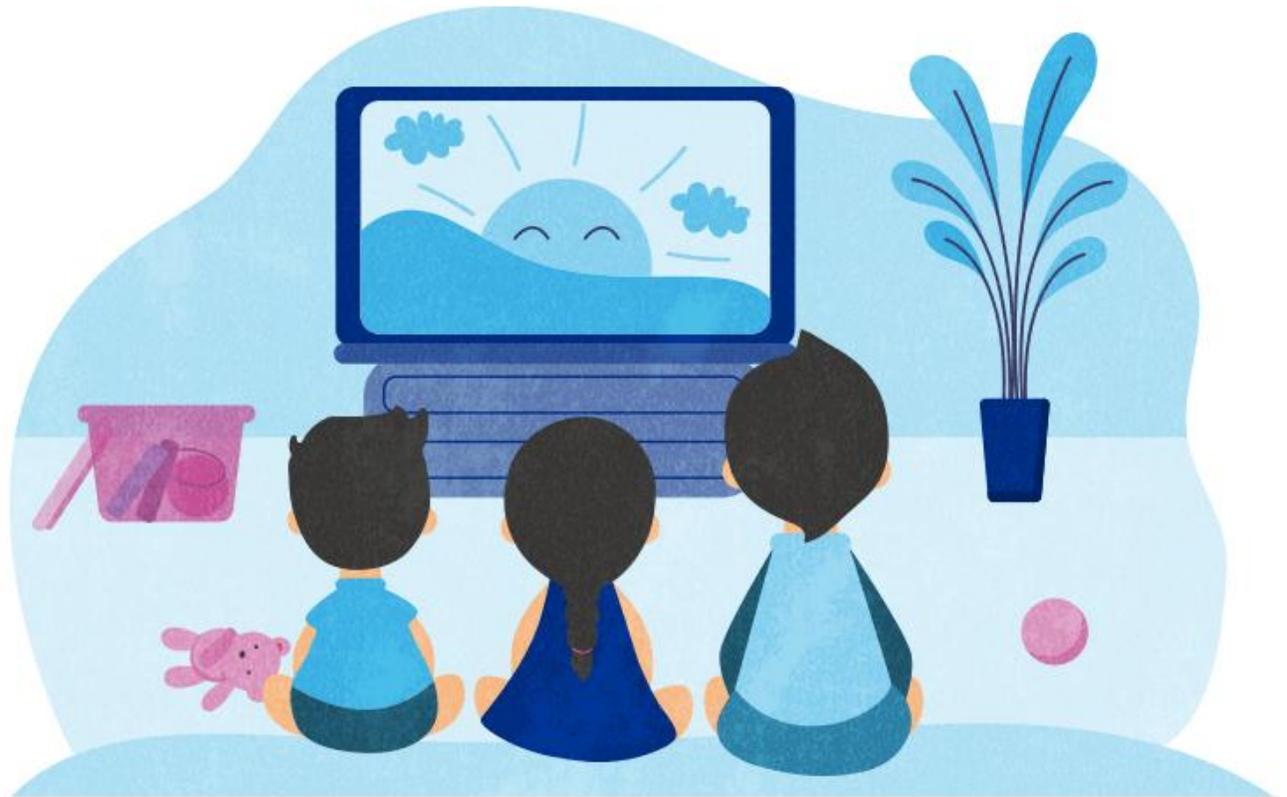
## *Workshop for Parents*

**NHS**

Surrey and Borders  
Partnership  
NHS Foundation Trust

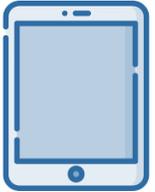
**Mindworks**  
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# Current Statistics

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- 1/4 of 3–4-year-olds in the UK own a smartphone. 49% of them are use a tablet. (Ofcom)



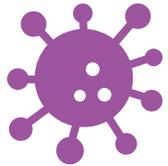
- 40% of children under 13 are on social media. 38% of 5–7-year-olds use it. (Ofcom)



- Four in five (79 per cent) UK parents believe their children's screen time has gone up since the pandemic (BBC).



- In the UK, children aged between 5-16 years spend an average of **6.5 hours of screen time per day.** (Specsavers)



- Use of social media apps has increased by 130% amongst children in the UK since the beginning of the pandemic. (Specsavers)



- What many people believe to be ‘blue light damage’ is usually **digital eye strain.** (American Academy of Ophthalmology)

# True or False / Fact or Fiction?

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- *Too much screen time gives you square eyes / damages eyesight* ✘
- *Screen time can impact quality of sleep* ✔
- *Children get bored without screens* ✘
- *Screen time can be developmentally beneficial* ✔
- *Screen time can be developmentally detrimental* ✔
- *Shared screen time helps build positive relationships with your child* ✔

# The Risks and Effects

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**Disruption to sleeping patterns**



**Eye strain and discomfort**



**Physical health issues**



**Mental health issues**



**Academic and work performance**



**Brain Development**

# The Risks and Effects Cont.

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- Addictive Behaviours
- Stranger Danger
- CyberBullying

**Pre-existing vulnerabilities and ND needs can lead to greater online problems. In turn, these can maintain and amplify online problems.**

Focus should not just be on **screen time** but  
**context** and **content**.

Where/when are your children online?  
Do you know what they're watching?

# Tips

- **Be the example**
- Time limits and parental controls
- No phones in bedrooms or switch them off remotely
- Have a sacred time each day for just play or talk – even if it's just 10 mins
- Involve your child in everyday activities and chores



# Social Learning Theory

*Children learn from observing others...*



***Teach children to self-manage and monitor***

***Model healthy use of screens***

***Verbalise – ‘I spent a lot of time looking at screens today’***

***Emotion Regulation – ‘I feel a bit bored...’***

- ***Creative problem-solving – ‘What can I do instead?’***



# What Apps Are My Children Using?

## Apps With Online Chat functions

- Roblox
- Snapchat
- Tiktok
- Instagram
- Discord
- Youtube
- Among us
- Fortnite
- BeReal
- Pinterest
- Sendit

**What else...?**



It sends a message.

# Starting Conversations About Online Use

Make online safety a part of **everyday discussion**.

Ask questions like:

- ‘What’s your favourite game or app to play on?’
- ‘Who are your favourite people to watch online?’
- ‘Who are you playing with?’
- ‘I heard you laughing, what’s funny?’
- ‘Why are they your favourite?’
- ‘Can you teach me how to play?’

**Let your child know that they can come to you or another trusted adult if any online conversation makes them feel uncomfortable.**



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## Because children deserve a safe digital world



### Young kids (6-10s)

As your child starts primary education, they start to use more apps and devices.



### Pre-teen (11-13s)

Moving to secondary school means more opportunities and potential risks.



### Teens (14-17s)

At secondary, teens join social media, develop more skills and do their school work online.



# It's Not All Bad News

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Digital devices not only provide entertainment and internet access for the whole family. They also provide new opportunities for creativity, learning and fun.

## Sharing screen time with your child



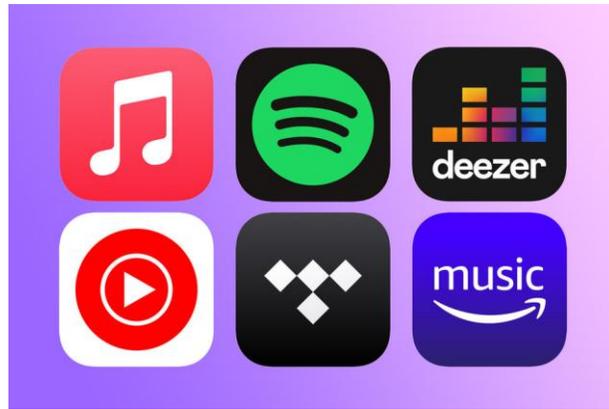
### Social Skills

When sharing screen time, it can become **an interactive, real-world experience that your child can learn from.**

And the **learning probably goes both ways** – your child can teach you!



# Ideas for Shared Screen Time



BBC  
goodfood



# Managing Screen Time

## *Troubleshooting*

Challenges we face when managing screen time with children.



'...Ok, just 1 more minute...'

'But they're still not listening!?'

'I've tried everything...!?'

'They just won't get off the screen!'

'That's it. I'm banning all technology...'



## Family Rules

\_\_\_\_\_  
No screens at table  
\_\_\_\_\_

\_\_\_\_\_  
Homework before screens  
\_\_\_\_\_

\_\_\_\_\_  
Screen free bedtime hour  
\_\_\_\_\_

\_\_\_\_\_  
Listen to each other  
\_\_\_\_\_

\_\_\_\_\_  
Speak kindly to each other  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Setting boundaries around digital use

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### Talk with your child

What does your child think about screen time?  
What seems acceptable to them?  
Find rules for the whole family



### Decide ahead of time

Is it necessary, realistic, fair?  
Set the child up to succeed rather than fail.  
Be prepared to see it through.



### Prevention better than cure

Could you re-structure the day so that  
compliance is more achievable?  
*e.g. homework before screen time not after*

# Giving Instructions

## Things to remember...



### Ensure child's attention

Parent to stop own tasks, go to child, get down to their level, invite eye contact or place a hand on their arm (*as appropriate*).



### Keep it simple, clear and brief

Keep it straightforward to help your child understand what is expected.  
Rehearse in your head first.



### Be polite

Model prosocial behaviour.  
Use *'please'* & *'thank you'*.  
Use a calm, pleasant tone of voice.



### Ask child to 'do' rather than 'not do'

More helpful form of instruction.  
Gives child alternative behaviour.  
*E.g. 'please turn the tv off and join us for dinner'*



### Break it down

Give smaller steps (*where possible*)  
Praise/encourage after each task is complete  
- *'It's time to put the iPad away'* (praise)  
- *'Thankyou so much, now choose an activity'*



### Give child space to comply

Wait 10 seconds (*no discussion or repeating*)  
If no compliance, repeat once more.  
If child complies either time, praise immediately. If not followed, give choice.

'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England





# The Healthy Mind Platter



*The Healthy Mind Platter for Optimal Brain Matter*

# Any Questions?

*Thank you.*

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