

Healthy Media Habits

What is iQ: smartparent?

iQ: smartparent is an Emmy-winning multimedia television and web series designed for parents that will empower them with new knowledge, tools, and abilities to successfully guide their children through the changing landscape of digital media and technology. It's a growing community of caregivers, national experts, educators, and parent bloggers who want to understand the opportunities and challenges of media as it relates to the development of their children. *iQ: smartparent* was created by WQED Multimedia in 2012.

About this Episode

With smartphones, tablets, and laptops all around us, the world is at our fingertips. We use social media to stay in touch with friends and families, look up new recipes, or go on Pinterest for inspiration. We may even be looking up parenting blogs and advice columns on how to get your little Picasso's crayon masterpiece off your walls. But have we ever thought that maybe we're too preoccupied by our devices at the expense of our children? This episode of *iQ: smartparent* explores family media consumption and its effect on our children.

Discussion Questions

1. Have you noticed a disconnect in your family where everyone is under the same roof, but not having face to face conversations or meaningful interactions?
2. Have you ever prioritized sending out an email or checking a message over your child calling for your attention? What are the implications of this? Does your child misbehave more as a result?
3. What are some creative ways to spend time with your child while waiting in line or at a restaurant instead of using devices?
4. Do you set screen time limitations on yourself as an adult? Why or why not? Do your children think you should have screen time rules too?
5. What are some places and times during the day which you and your child can agree upon to designate as "screen-free?"
6. Try discussing media portrayals of stereotypes with your children. How do they feel about them? Do they believe in them? How does it affect your child's perception of themselves or others? How can you combat against negative stereotypes?
7. Have you provided your child with a diverse range of books and media portraying different religions, cultures, and ethnicities in a positive light? What are the benefits?
8. How often do you use media with your children? Do you discuss what you see in entertainment media? What about what is shown in the news?
9. Do you find yourself and your child consuming media rather than creating media? What are some ways you can change that and become more active in your media use? If you aren't tech savvy, ask questions. Make media with your children and share the experience.

About the Guests



Catherine Steiner-Adair is the author of the award winning book, *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* (HarperCollins). In her book, Dr. Steiner-Adair examines ways in which technology and media change how children learn and grow, and shows parents how to balance the benefits of tech while reducing the risks it poses at every stage of development. A leading expert specializing in child development, education, family relationships, and workplace/family balance, she speaks and consults on a wide range of topics, the impact of technology on childhood including social, neurological, physical and psychological development, a thoughtful approach to technology in schools, at home, and work/family in nourishing healthy relationships in the digital age, and developing a thoughtful approach to technology in school and life. Also author of a popular school-based girls leadership program, Steiner-Adair shows how to deconstruct the unhealthy cultural messages that make girls vulnerable to eating disorders. She speaks worldwide to numerous audiences, including educators, health professionals, PTAs, camps and religious groups, corporations, and nonprofit organizations.



Dr. James P. Huguley is an Assistant Professor at the University of Pittsburgh's School of Social Work and Center on Race and Social Problems. His research focuses on school-based psychosocial interventions that promote racial equity and positive developmental outcomes. Dr Huguley is a lead investigator on the African American Parenting project, which examines the benefits of ethnocentric parenting practices on African American youth outcomes; and Pitt-Assisted Communities and Schools (PACS), which explores best practices in holistic university supports for high need schools and communities. Dr. Huguley is both a former youth program director and middle school teacher. He received his bachelors in English and Secondary Education from Providence College, and both his masters in Risk and Prevention and doctorate in Human Development and Psychology from Harvard University.



Shelley Pasnik is the Director of the Center for Children and Technology and a vice president of the Education Development Center. Her research is devoted to understanding how cultural institutions (especially public media, private foundations, and corporate philanthropies) can use emerging technologies to support teaching and learning. She serves as the Principal Investigator for the summative evaluation of the Ready to Learn Initiative, a federal research and development program that uses transmedia to improve the math and literacy skills of children ages 2–8, especially those living in poverty. Ms. Pasnik has also helped shape national policy, developed public education campaigns, and guided the production of children's educational services, both in the United States and abroad. She served on the board of the Global Action Project, and currently sits on the Apple ConnectEd Advisory Board and the board of Games for Change. Ms. Pasnik has developed resources to support parents and educators in weaving technology-enhanced explorations into learning in the classroom and at home. These include the *Parents Guide to Children and Media* for PBS, a series of articles for *Cable in the Classroom*, and features for *Discovery Education*. She speaks frequently to national and local journalists and blogs for organizations such as [Fred Rogers Center for Early Learning & Children's Media](#) and [Joan Ganz Cooney Center](#).

Online Resources

When Parents Are The Ones Too Distracted By Devices

npr.org/sections/alltechconsidered/2014/04/16/303749247/when-parents-are-the-ones-too-distracted-by-devices

Book: The Big Disconnect Protecting Relationships

amazon.com/The-Big-Disconnect-Protecting-Relationships/dp/0062082426

Parenting In The Age Of Apps: Is That iPad Help Or Harm?

npr.org/sections/health-shots/2014/03/16/290110766/parenting-in-the-age-of-apps-is-that-ipad-help-or-harm

Is Technology Creating a Family Divide

psychologytoday.com/blog/the-power-prime/201303/is-technology-creating-family-divide

Background Television at Home May be Harming Kids' Development

cbsnews.com/news/background-television-at-home-may-be-harming-us-kids-development/

Parents and Social Media Research Findings

pewinternet.org/2015/07/16/parents-and-social-media/

Screen Time limits for Parents

commonsensemedia.org/blog/screen-time-limits-for-parents

Moms using mobile devices during mealtime interact less

bumc.bu.edu/busm/2014/12/09/mobile-device-use-leads-to-few-interactions-between-mother-and-child-during-mealtime/

Is your technology use hurting your kids

psychalive.org/technology-use-hurting-kids/

For the children's sake put down that smartphone

npr.org/sections/health-shots/2014/04/21/304196338/for-the-childrens-sake-put-down-that-smartphone

Be a Role Model: Find a Healthy Balance with Media and Technology

commonsensemedia.org/blog/be-a-role-model-find-a-healthy-balance-with-media-and-technology

How to Raise a Good Human in a Digital World

commonsensemedia.org/blog/how-to-raise-a-good-human-in-a-digital-world

Smartphone=not-so-smart parenting?

apa.org/monitor/2016/02/smartphone.aspx

PBSParents – Children and Media Guide
pbs.org/parents/childrenandmedia/

Joan Ganz Cooney Center – The Families and Media Project
joanganzcooneycenter.org/initiative/the-families-and-media-project/

American Academy of Pediatrics – Growing Up Digital: Media Research
www.aap.org/en-us/Documents/digital_media_symposium_proceedings.pdf

AAP statement about children’s exposure to violence in media
<http://pediatrics.aappublications.org/content/124/5/1495.full>

Parenting, Media and Everything In Between
commonsensemedia.org/blog/healthy-media-habits

National Sleep Foundation - How technology impacts sleep
<https://sleep.org/articles/ways-technology-affects-sleep/>

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