

Healthy Media Habits

What is iQ: smartparent?

iQ: smartparent is a 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 is 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

This episode of *iQ: smartparent* discusses healthy media habits for children and families. “Mediatrician” Michael Rich, MD, of Harvard Medical School and the Center on Media and Child Health shares his advice on screen time and a balanced media diet

Discussion Questions

1. What are some of your concerns about media use and health?
2. What are some of your family’s screen time rules? Have they been effective? Why or why not?
3. Dr. Rich discusses a “balanced media diet” in the episode. What does he mean by that?
4. One parent in the episode discussed video games. What are some healthier ways to approach gaming in your family?
5. The father in this episode had some concerns about his children watching You Tube videos. What are some of the ways videos can be harmful? How can they be beneficial?
6. Do younger children need different rules than older children? What about rules for parents?

About the Guest



Michael Rich, MD, MPH, FAAP, FSAHM, Founder and Director of the Center on Media and Child Health, Associate Professor at Harvard Medical School and Harvard School of Public Health, came to medicine after a twelve-year career as a filmmaker (including serving as assistant director to Akira Kurosawa on *Kagemusha*). As Director of the Center on Media and Child Health (www.cmch.tv) at Boston Children's Hospital, Dr. Rich combines his creative experience with rigorous scientific evidence about the powerful positive and negative effects of media to

advise pediatricians and parents how to use media in ways that optimize child development at www.askthemediatrician.org. Recipient of the AAP's Holroyd-Sherry Award and the SAHM New Investigator Award, Dr. Rich has developed media-based research methodologies and authored numerous papers and AAP policy statements, testified to the United States Congress, and makes regular national press appearances

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Online Resources

Research

RAND - Exploring the Relationship Between Media and Adolescent Health

www.rand.org/health/feature/media_influences.html

PBS -- Children and Media

www.pbs.org/parents/childrenandmedia/

Setting Technology Ground Rules with Your Child

www.pbs.org/parents/expert-tips-advice/2015/10/setting-technology-ground-rules-child/

Center on Media and Child Health

<http://cmch.tv/>

<http://harvardmagazine.com/2011/11/the-mediatrix>

<http://childrenshospitalblog.org/category/parenting/media-marketing/ask-the-mediatrix-featured/>

Common Sense Media

3 Simple Rules for a Healthy Media Diet

www.commonsensemedia.org/blog/3-simple-rules-for-a-healthy-media-diet

Screen Time Resources and Advice

<https://www.commonsensemedia.org/screen-time>

How to tell Relatives, Teachers, Babysitters, and Even Your Spouse Your Screen Time Rules

www.commonsensemedia.org/blog/how-to-tell-relatives-teachers-babysitters-and-even-your-spouse-your-screen-time-rules

Healthy Websites for Kids and Teens

www.commonsensemedia.org/lists/health-websites-for-kids-and-teens

Good Health Games

www.commonsensemedia.org/lists/good-health-games

Sites That Teach Teens About Health and Wellness

www.commonsensemedia.org/lists/sites-that-teach-teens-about-health-wellness

Do Junk Food Ads Contribute to Childhood Obesity?

www.commonsensemedia.org/blog/qa-do-junk-food-ads-contribute-to-childhood-obesity

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

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

What age should my kids be before I let them use Instagram, Facebook, and other social media services?

www.commonsensemedia.org/social-media/what-age-should-my-kids-be-before-i-let-them-use-instagram-facebook-and-other-social

Talking About "Sexting"

www.commonsensemedia.org/blog/talking-about-sexting

Is it OK for my kid to start her own YouTube channel?

www.commonsensemedia.org/learning-with-technology/is-it-ok-for-my-kid-to-start-her-own-youtube-channel

A Parent's Ultimate Guide to YouTube

<https://www.commonsensemedia.org/blog/a-parents-ultimate-guide-to-youtube>

How can I help my kids develop good media habits?

www.commonsensemedia.org/technology-addiction/how-can-i-help-my-kids-develop-good-media-habits

How can I make sure my teenager is being safe online?

www.commonsensemedia.org/privacy-and-internet-safety/how-can-i-make-sure-my-teenager-is-being-safe-online

How can I get my kids to put down their phones?

www.commonsensemedia.org/cell-phone-parenting/how-can-i-get-my-kids-to-put-down-their-phones

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