

# Digital Wellness News

## NEWS ALERT FOR PARENTS!

*Children and youth NEED you to set limits and boundaries with technology!*

It's time to help our children & youth **DISCONNECT** from their cell phones. Why?

**D**iverse experiences—hobbies, activities, interests—develop important skills and foster feelings of well-being, worth, and mastery.

**I**nterpersonal skills (“people skills”) and communication skills develop most effectively from face-to-face interactions.

**S**eparation from external influences and information (including parental assistance while at school!) helps children and youth develop their inner resources and experience satisfaction from making decisions and solving problems.

**C**ognitive skills like attention and memory that are needed to be successful in every aspect of our lives will be enhanced without constant interruptions.

**O**mitting distractions allows children and youth to focus on their experiences, academic and social, and to learn. A wandering mind is not a happy mind; time away from screens enhances and protects mental health.

**N**oticing the world around you is a core component of a healthy self and is more possible without the distraction of a phone screen.

**N**urturing meaningful connections with others requires children and youth to navigate physical space while using their words, eye contact, and body language (nonverbal communication).

**E**nergy, both mental and physical, is more available and more readily replenished with reduced screen time.

**C**ontrol of impulses, a skill that we develop from childhood into adulthood, is significantly impeded by the instant gratification of screen-based activities.

**T**ime away from online information reduces exposure and vulnerability to developmentally inappropriate content and behaviours that are readily accessible online.

Visit [digitalwellnesscoalition.weebly.com](http://digitalwellnesscoalition.weebly.com) for more information on family media plans, cell phone contracts, alternatives to screen-use, mindful use of technology, and links to important websites.

Information for this article from Very Well Family.com

<https://bit.ly/3gmVYQP>



Some thoughtful questions to ask yourself:

- ◆ Have you found yourself questioning your own screen time and wondering if you might be role-modeling technology habits that aren't healthy for your child/youth?
- ◆ Has your own technology use interrupted or gotten in the way of connecting with your child/youth/family?
- ◆ Has your own technology use interrupted or gotten in the way of other things you needed to get done?