

AOP TECH PARENTS

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AoP Tech is now on social media to help parents and teachers all across the Archdiocese stay connected. Follow and stay in the know as AoP Tech looks to bring you an inside view of our schools and provide parents with great tech advice. Working together we will create the digital citizens of the future!

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Families, Teachers, and Administrators alike can "like" our page for the latest in tech news and trends, as well as, tips for keep our students safe online.

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Setting Screen Time Limits

It's no secret that our children are spending more and more time in front of screens. In reality, we all are. For adults, our jobs tend to require major time with technology, in addition to television time, e-readers, tablets, web surfing, and phones. The same goes for children. In school, students are using technology to connect and create, and then at home are utilizing tech for homework and personal enjoyment. But is there such a thing as too much screen time? The simple answer - Yes.



The American Academy of Pediatrics (AAP) recently recommended limits to daily screen time for children. The organization discouraged screen time for children under 2, and suggests a limit of two hours for older children. Too much screen time, for children OR adults can lead to lack of sleep, difficulty focusing, obesity, and aggressive behaviors.

So what's a parent to do? Talk with your children and set some limits. Not only will you be helping to improve their mood and overall well being, you'll be teaching them positive digital media skills, self-regulation, and self-control. Here's 3 quick tips to work towards a better screen time balance:

1. Be a Role Model - Attached to your phone 24/7? Whether you intend it or not, your children see it. Be a tech balance role model! Make sure to take some screen free time for yourself. An added benefit - more family time for an activity together!
2. Pick Screen Free Zones - Many pediatricians recommend technology (TVs, phones, and computers) stay out of children's bedrooms. Keep major tech in communal areas. You'll be able to better monitor your child's screen time and their online choices. "Screen free" dinners are great option too!
3. Tech of Choice - Children don't need to have all tech, all the time. Planning to watch the new Disney Channel movie tonight? Then perhaps computer time is limited that day. If a big school project is coming up, help children break it up into reasonable daily chunks, so they still have time for personal tech time too.