



AOP TECH PARENTS

Screen Time Reminders

As the new school year gets into full swing, it is a good time to think critically about your families' screen time habits. Here's a few friendly reminders:

- ✦ The American Academy of Pediatrics recommends minimal screen time of any kind to children under the age of 2.
- ✦ Choose screen time over the age of 2 thoughtfully. Previously the AAP recommended a maximum of 2 hours; however, this is currently being revised to reflect new technology innovations.
- ✦ Quality over quantity - what your child is doing with that screen is more important than the time. For example, being creative in iMovie is a better use of any screen time than passive viewing.
- ✦ Modeling is important! Parents, set the tone! Take a break from your own screens.

Brown, Ari, M.D. "Beyond 'turn It Off': How to Advise Families on Media Use." AAP Gateway. N.p., Oct. 2015. Web. Sept. 2016.

Using Growth Mindset at Home

Last month, AoP Tech Parents introduced you to the concept of Growth Mindset - the principle that our intelligence can be developed over time, rather than being static or fixed. This idea impacts not just the way we view our own intelligence as adults, but also how we influence our children.

Children who believe in their growth mindset potential tend to be more resilient than fixed mindset peers, as well as focused, hard working, and persistent. Having a growth mindset helps anyone view failure as a learning opportunity.

An easy way to impact our growth mindsets and those of our children is to adjust the language we use when talking about learning. You may even see this language shift in schools, helping the consistency between home and school. Try these 10 "swaps" to help promote growth mindset at home!

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Popova, Maria. "Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives." Brain Pickings. N.p., 29 Jan. 2014. Web.
 Dweck, Carol. "What Is MINDSET?" Mindset. Carol Dweck, 2010. Web.
 Richards, Jody. "Growth Mindset." Web log post. 5th Grade at JRES. N.p., n.d. Web. Sept. 2016.