

SUPER SOLUTIONS

- FOR -

TECHNOLOGY TROUBLES

For children from Toddlers to Teens

WITH DR JUSTIN COULSON

SCREEN-RELATED RISKS



PRIVACY



PORNOGRAPHY



BULLYING



HEALTH

(SLEEP, WEIGHT, EYESIGHT)



GAMBLING

SIGNS TO WATCH FOR

- ! Playing increasing hours to get same 'hit'
- * Going online as soon as they wake up
- @ Impact on daily routines & disengagement from family
- :(Impact on sleep, appetite, and social domains
- # Lack of insight, minimising & low ability to accept others' POV — especially parents
- :-[Irritability, anger, even aggression when confronted or when restricted in usage/ access eg. in class, or at home
- ? Poor engagement with health professionals

QUICK, EASY FIXES

- :-) Use the oven timer
- <3 Text, call, or sit with your child when time's up
- :-P Give reminders at 15, 10, and 5 mins to go
- ;-) Monitor usage
- :-D Keep devices in public spaces

STRONG, LONG-TERM FIXES

- :D Have a non-emotional conversation
- *L* Choose your timing
- :-> Provide a clear rationale for your requests
- *) See the world through your child's eyes
- :-] Minimise the use of control

“ Expect to make mistakes... we all do. But keep the relationship right, show your kids you love them, and work on it until you have a solution together. ”

— Dr Justin Coulson