



Video Games, Social Media and Screen Time in Children

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Who am I?



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Video Games, Social Media and Screen time

- ***Guidelines and Recommendations***
- ***What children need.***
- ***Physical, Emotional, Social and Behavioural Impact of technology.***
- ***What keeps our children 'addicted'***
- ***The role of Dopamine***
- ***The Four Ms Model***
- ***Suggestions and Useful Websites.***

Guidelines and Recommendations

- **Scottish Intercollegiate Guidelines Network** (2010) and the National Institute for Health and Care Excellence **NICE** (2015) **No more than 2 hours of sedentary behaviour**, particularly of screen time (watching TV, computer use and playing video games), for children/young people **per day**.
- **WHO** – No screen time for children under 3 years of age
- **UK Chief Medical Officer** – Parents to monitor screen content and time.

Guidelines and Recommendations

- **The American Academy of Paediatrics Screen Time Guidelines (2016) recommends:**
 - Up to 18 months, avoid use of screen media other than video-chatting.
 - children 18 to 24 months of age – 1 hour high-quality programming and watch it with their children.
 - Children aged 2 to 5 years - 1 hour per day of high-quality programs. Parents should co-view media with children to monitor what they are seeing.
 - Children aged 6 years and older, limits on the time and content should be place taking into account physical activities, sleep and good nutrition.

How we know devices impact...

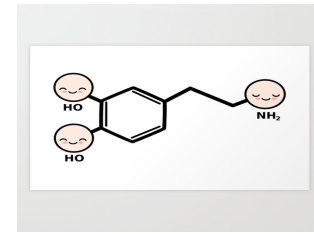
- Behavioural issues: Meltdowns, tantrums, anger outbursts, aggression, violence.
- Social Skills: social and cognitive skills are better developed with another person, interactive play with care-givers.
- Wellbeing: Sleep Deprivation, rushed meals, lack of exercise, vision problems.



What keeps our children 'addicted'?

- Inherent desire for **Autonomy and independence** -decisions, use of language, which path to take and how to solve each challenge.
- **Competence** – Mastering technology skills, mastering a stage of a game which builds self esteem and accomplishment.
- **Belonging and social connections** – Safety in numbers, being part of the pack, being accepted (pseudofriends)
- **Novelty, Excitement and Escapism** – Being someone else, thrill of the unknown and excitement of adventures ahead.

The Role of Dopamine



- Dopamine is a brain chemical (neurotransmitter) central in creating our drive for reward and motivation.
- Dopamine is released in response to a pleasurable, exciting, thrilling, novel experience.
- Dopamine release increases the desire to repeat a pleasurable task over and over again.
- Video Games, YouTube Videos, Social Media all tap into the brain's reward system increasing dopamine release and reinforcing the pleasurable sensation seeking behaviour.

Emotional Needs

Whenever an activity fulfills three or more of our emotional needs, Dopamine is released and we will tend to repeat it



Model

- Model the behaviour you want to see i.e no phone in the bedrooms, at dinner table etc
- Model positive social skills i.e Put your phone away when interacting with them or others, switch off TV while conversing.
- Model a 'Healthy Digital Diet'. Talk about being active, care for your eyes, healthy meals with no devices.

Monitor

1. When and Where technology is used
2. What apps, programs, sites are allowed.
Have them prepare a list.
3. Who a child can connect to and how.
4. Monitor content, language
5. Set up device free zones
6. Set up a 'Device BedTime'.

Manage

- Become the buffer between your child and the digital world.
- Provide activities that meet the dopamine-driven needs of your child.
- Manage content and length of exposure to determine if any emotional need is being met and plan to meet them in the real world experiences i.e achievement, friendships

Mentor

- Be aware of your child's emotions and emotional signals. Understand and be part of their world so you can support them in times of need i.e escaping negative emotions.
- Ask them how they think technology is hindering or enhancing their lives.
- Be aware of exposure to unsuitable content i.e Violent video games that alter players think,feel and behave (desensitization).

Take Aways

- Stay current : where kids are going online, who they chat with, what sites are being used.
- Set clear rules and boundaries. Being specific and consistent on what is acceptable
- Model Healthy Devices Diet.
- Be aware of emotional needs to be met.
- Collaborative Problem Solving:
 - I. The problem
 - II. The concern
 - III. The Plan

Useful Websites

UK Safer Internet Centre

www.safeinternet.org.uk

Think U Know

www.thinkuknow.co.uk

Centre on Media and Child Health

www.cmch.tv

Common Sense Media

www.common sense media.org

Parents Protect

www.parentsprotect.co.uk

UK Sleep Council

sleepcouncil.org.uk

www.nhs.uk/livewell/childrenssleep

Children's Media Foundation

www.thechildrensmediafoundation.org

Further Links

Presentation Slides available on website under *services/workshops and programs*

www.olgaz.co.uk



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Questions
and
Answers

Thank you!