



A Newsletter for Parents of Young Children

SPRING 2020

# The Parent Line

## Managing Children's Technology Usage



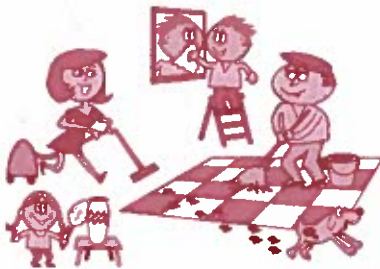
We live in an era of ever-evolving technology and our children are becoming more technologically-advanced to keep up with societal norms. Children depend on technology for their education, entertainment, and social interactions. Schools are even increasing the use of these advances such as utilizing tablets, laptops, smartboards, phones, and other technological items for educational purposes.

There has been controversy over the appropriate usage of technology for children. So how much is **TOO** much? As parents, we're often trying to find a balance between allowing our children to have screen time and making sure they are not overusing it. Although it's not wrong to give our children technological tools, it is our responsibility to set limits and guide them on how to appropriately use it because overuse and abuse of technology can result in negative behaviors.

Studies reveal that some common dangers of technology use include: increased chances of becoming obese, difficulties going to bed, and an increased chance of developing compulsive behavior, depression, anxiety, or attention difficulties (Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder). Unfortunately, many children have also become victims of internet predators. However, with proper balance and guidance by parents, technology use for children allows creativity and freedom of expression. This contributes to personal growth as they are learning to become more independent. Technology also allows for positive socialization and relationship building with peers as it gives children the opportunity to connect and share common interests. And believe it or not, some video games and mobile apps tests a child's ability to use their problem-solving skills.



Gaming Together



A recommended responsibility of parents is to monitor how long their children spend in front of a screen. An important aspect of that is establishing boundaries and setting time limits. Studies reveal that children under the age of two should not get any screen time. It is recommended that for children between the ages of 2 to 10, a one hour supervised time limit of electronic usage should be set. As for teenagers, they should have no more than two hours each day, after school and home responsibilities are complete. Use incentives and rewards to your advantage and establish boundaries.

For more information on this topic or other parenting support, please contact The Parent Line at (808) 526-1222 or toll-free 1-800-816-1222.

## Suggested Readings

**Planting a Rainbow**  
By: Lois Ehlert

**The Spring Equinox**  
By: Ellen Jackson

**The Forever Garden**  
By: Laura Snyder

**The Spring Visitors**  
By: Karel Hayes

**What will Hatch?**  
By: Jennifer Ward



## A Parent Asks

**Q:** How can I protect my child's privacy?

**A:** As a parent, there are steps you can take to protect your child's privacy. This includes reading and understanding privacy policies of sites and apps your children visit, turning off your browser's location feature, password protecting your wireless network, and teaching your children how to create strong passwords (e.g. use symbols, numbers, a mix of capital and lowercase numbers). You can also teach your children how to maintain their online privacy. This includes not sharing personal information about themselves (e.g. name, age, birthday, phone number, email or home address), not sending photos of themselves to others, not communicating with people they do not know, and not sharing their log-in credentials with others but parents. Remind your children that once you post something online, it's there forever.

For more information on tips for parents or caregivers in the digital age, visit:

<https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx>

# Spotlight on Safety

The traditional "stranger danger" abduction prevention lesson may not be enough to effectively educate children on how to best protect themselves from danger. It is difficult for children to grasp the concept of a stranger as a stranger can come in the form of a family member, acquaintance, or neighbor. In fact, many children are abducted and hurt by people they know, rather than someone they don't know.

Parents should frequently sit down with their children to discuss the dangers that exist, their experiences and concerns, and reinforce training needed to protect themselves from abduction or abuse. Review real-life situations in which they can identify and respond to threats. Advise your children to check with a parent or trusted adult before interacting with someone else or going somewhere. Teach your children about the importance of saying "no" during an uncomfortable situation and that it's okay to ignore them. As much as possible, remind them to stay away from strangers' cars. Teach them to immediately report the situation to a trusted adult.



## Special Days to Remember



March 3—Girl's Day  
March 17—St. Patrick's Day  
March 26—Prince Kuhio Day



### April is Child Abuse Prevention Month

April 1—April Fool's Day  
April 10—Good Friday  
April 12—Easter Sunday  
April 22—Earth Day

May 1—May Day is Lei Day  
May 5—Boys Day and Cinco De Mayo  
May 10—Mother's Day  
May 25—Memorial Day