

# Parenting in the Digital Age

Hougang Primary School

Yeang Cherng Poh

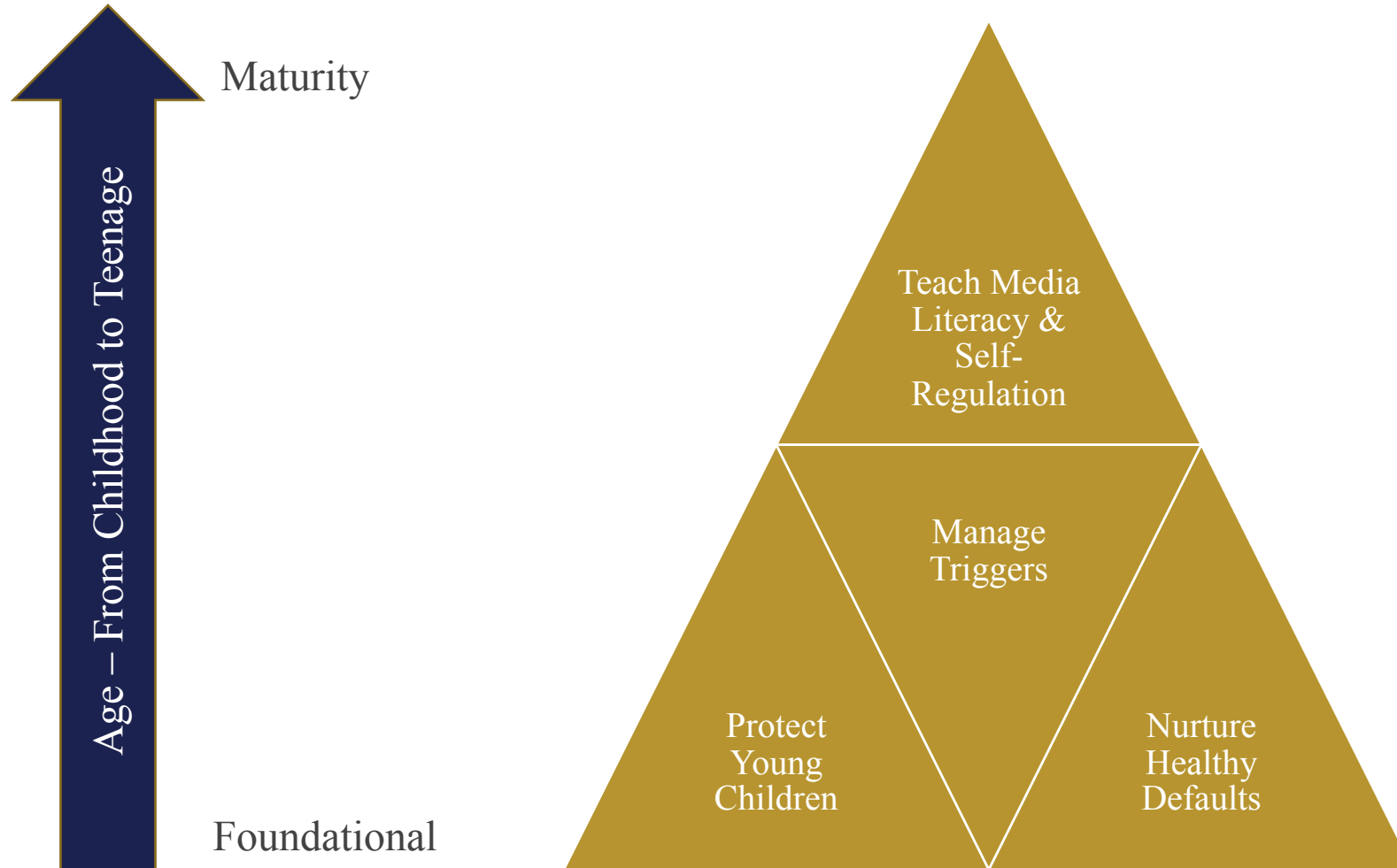
Digital Literacy Educator

Masters of Mass Communication



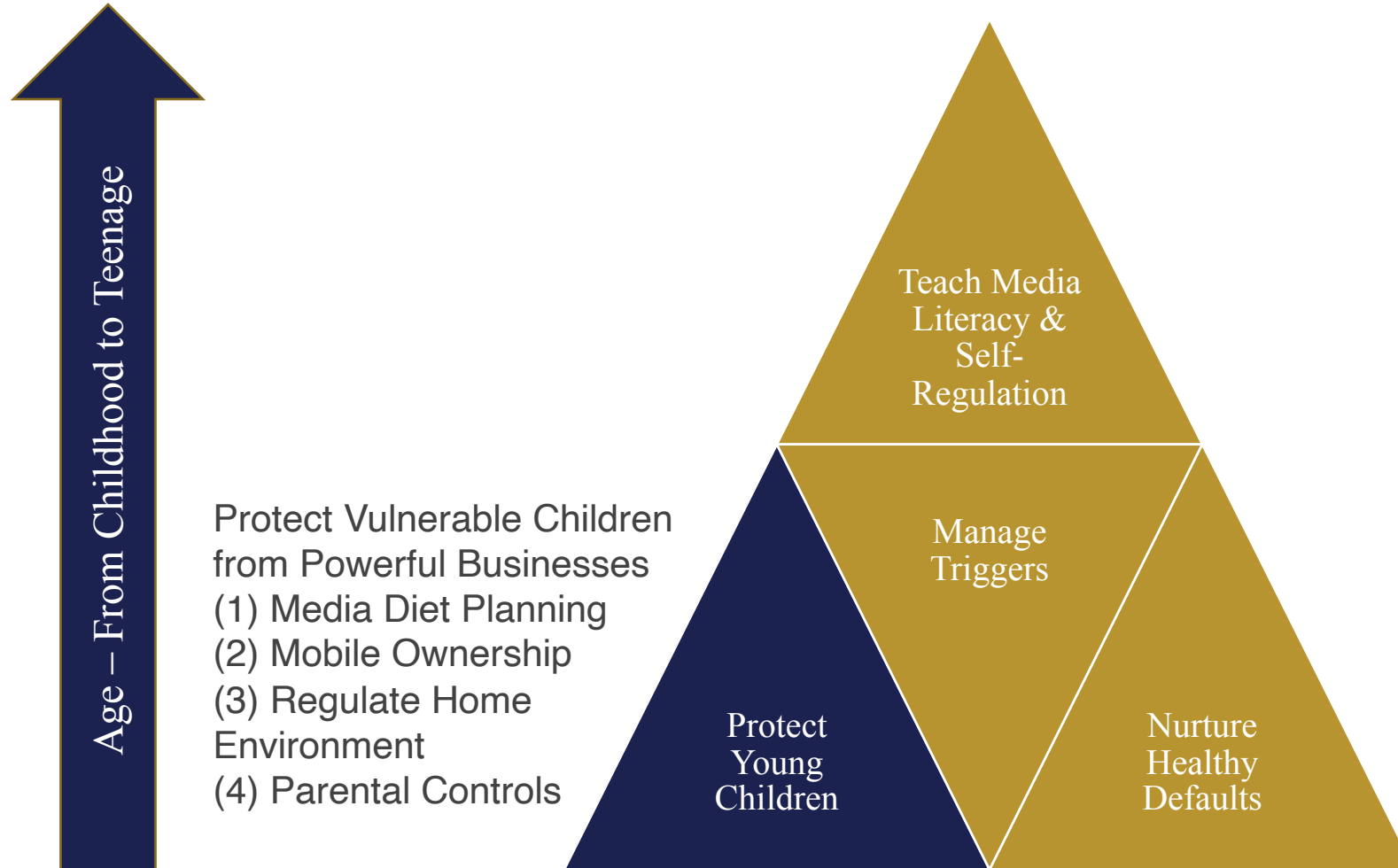
# Parenting in the Digital Age

Raising Children for Cyber Wellness



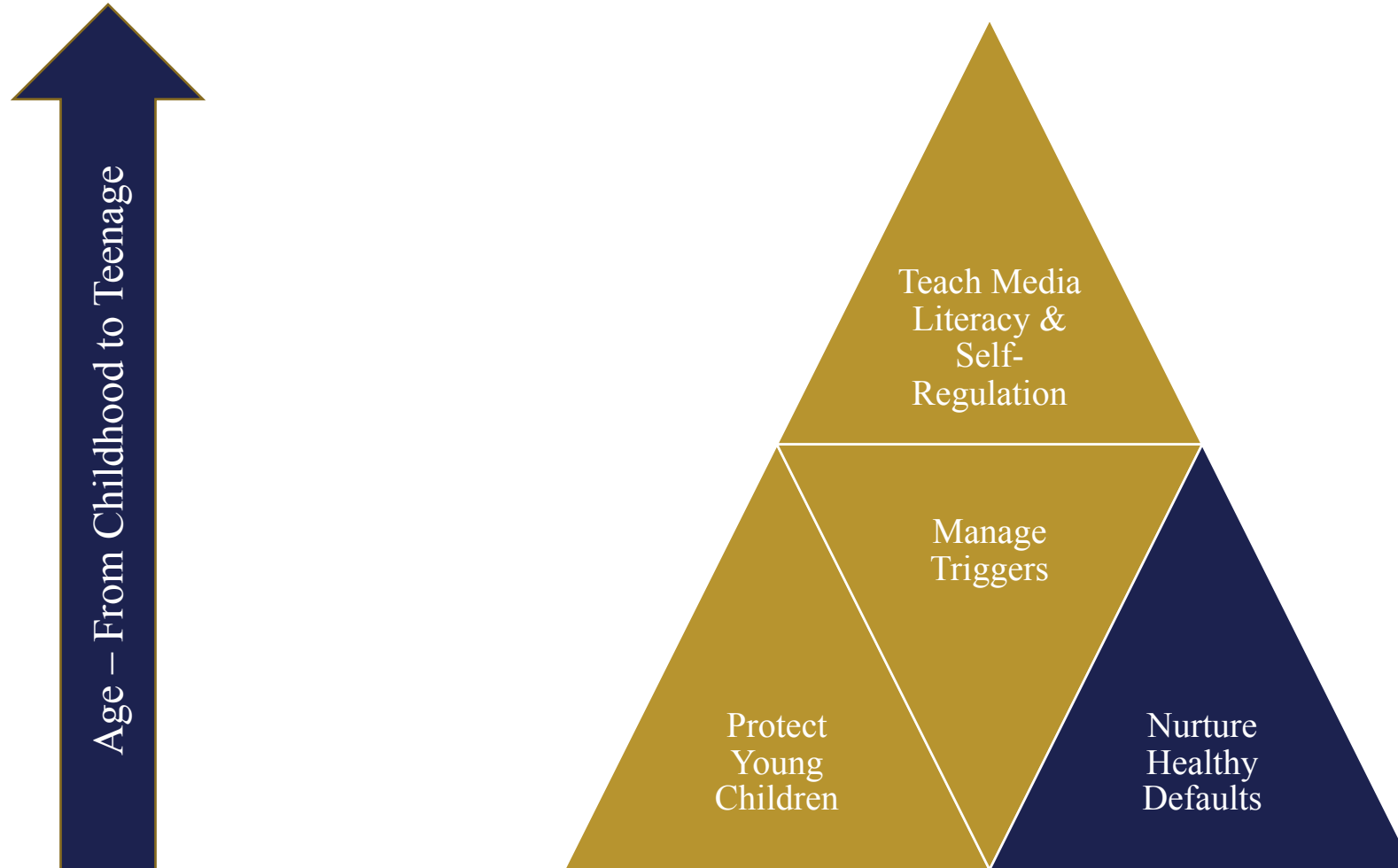
# Parenting in the Digital Age

Raising Children for Cyber Wellness



# Parenting in the Digital Age

Raising Children for Cyber Wellness

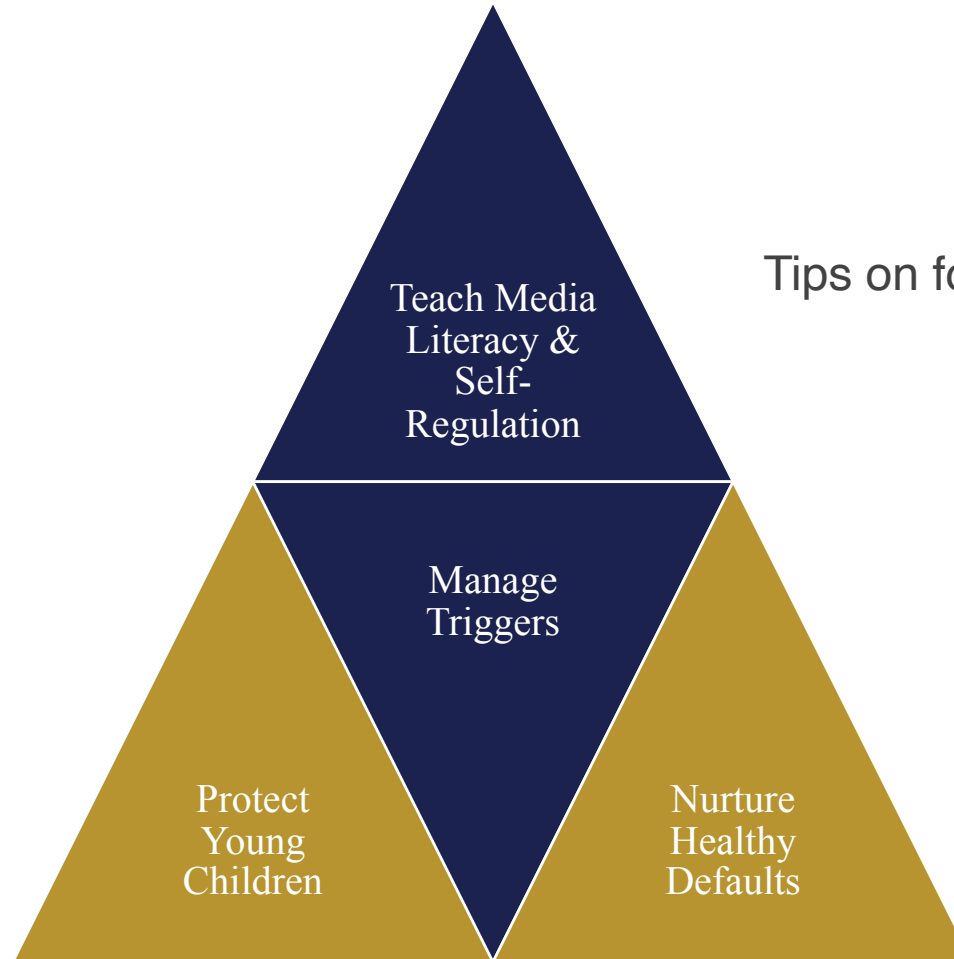


Establish a Healthy Baseline

- (1) Unstructured Playtime
- (2) Higher Quality Media
- (3) Engage with Multiple Intelligences

# Parenting in the Digital Age

Raising Children for Cyber Wellness



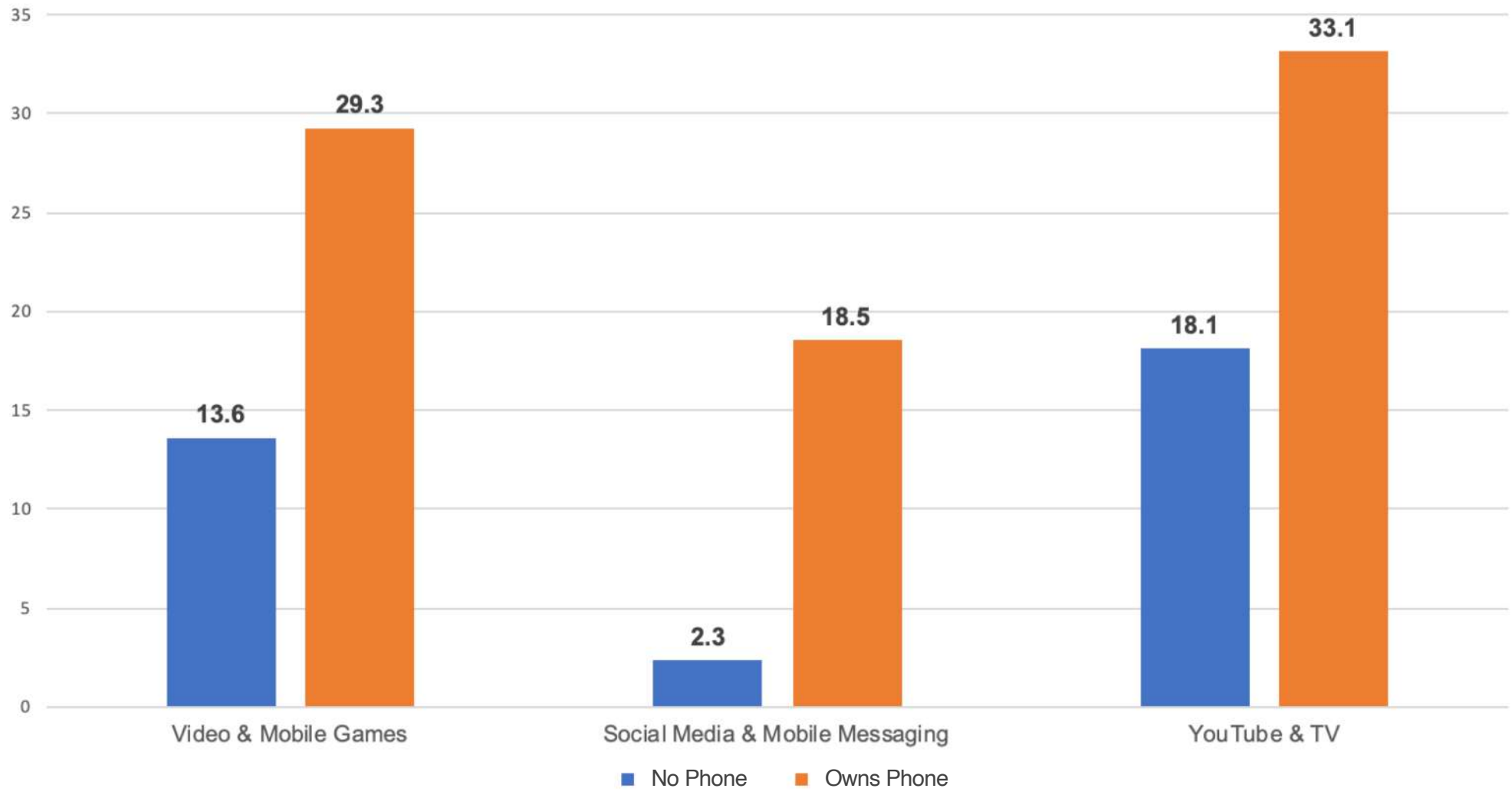
Tips on following slides

# Manage Triggers

---



1. Manage Ownership of Device
2. Go Offline
3. Manage Notifications
4. Establish Screen-Free Zones



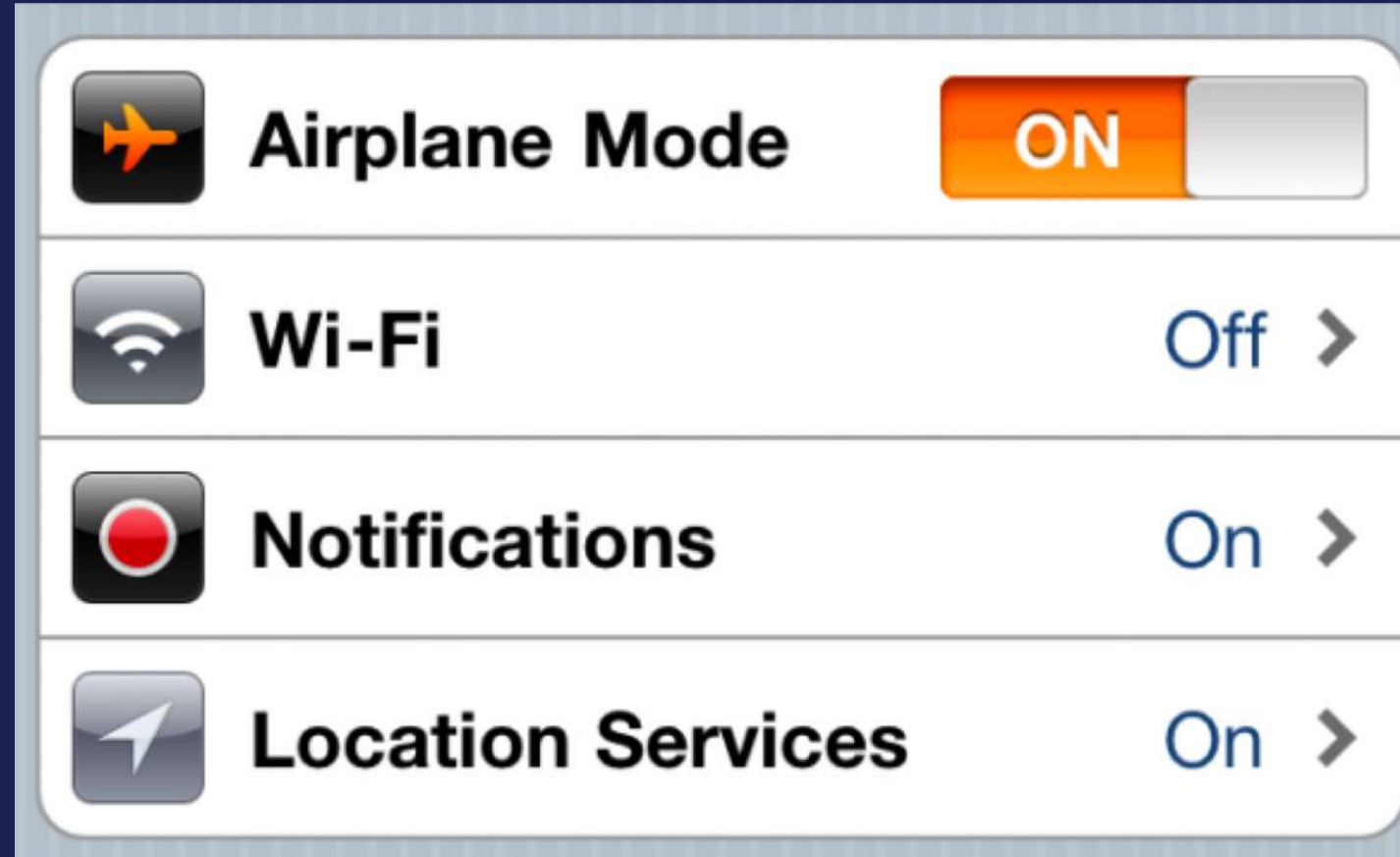
# (1) Manage Ownership of Device

Screen Time Vs Mobile Ownership



(2) Go offline

# Eliminate “Fear Of Missing Out”





### (3) Manage Notifications

---

**Choose** which  
is worthy of  
immediate  
attention

12 Hours ☐

1 Day ☐

1 Week ☐

1 Month ☐

1 Year ☐

1 Century ☐



Show notifications

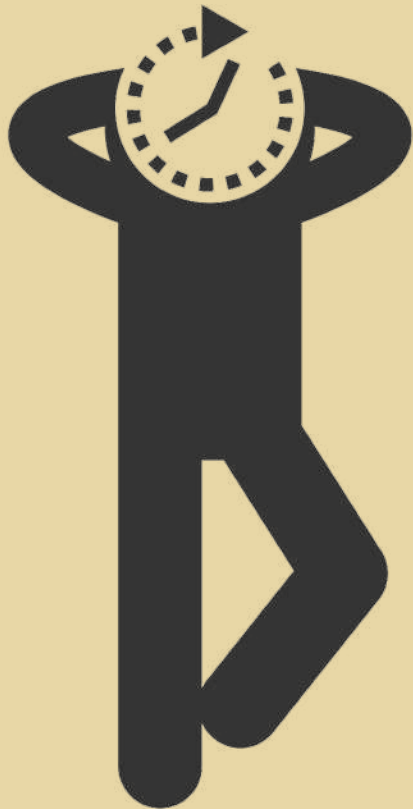


## (4) Establish “Screen-Free” Zones

Keep mobile phones away in a fixed place @ Home

# Media Literacy & Self-Regulation

---

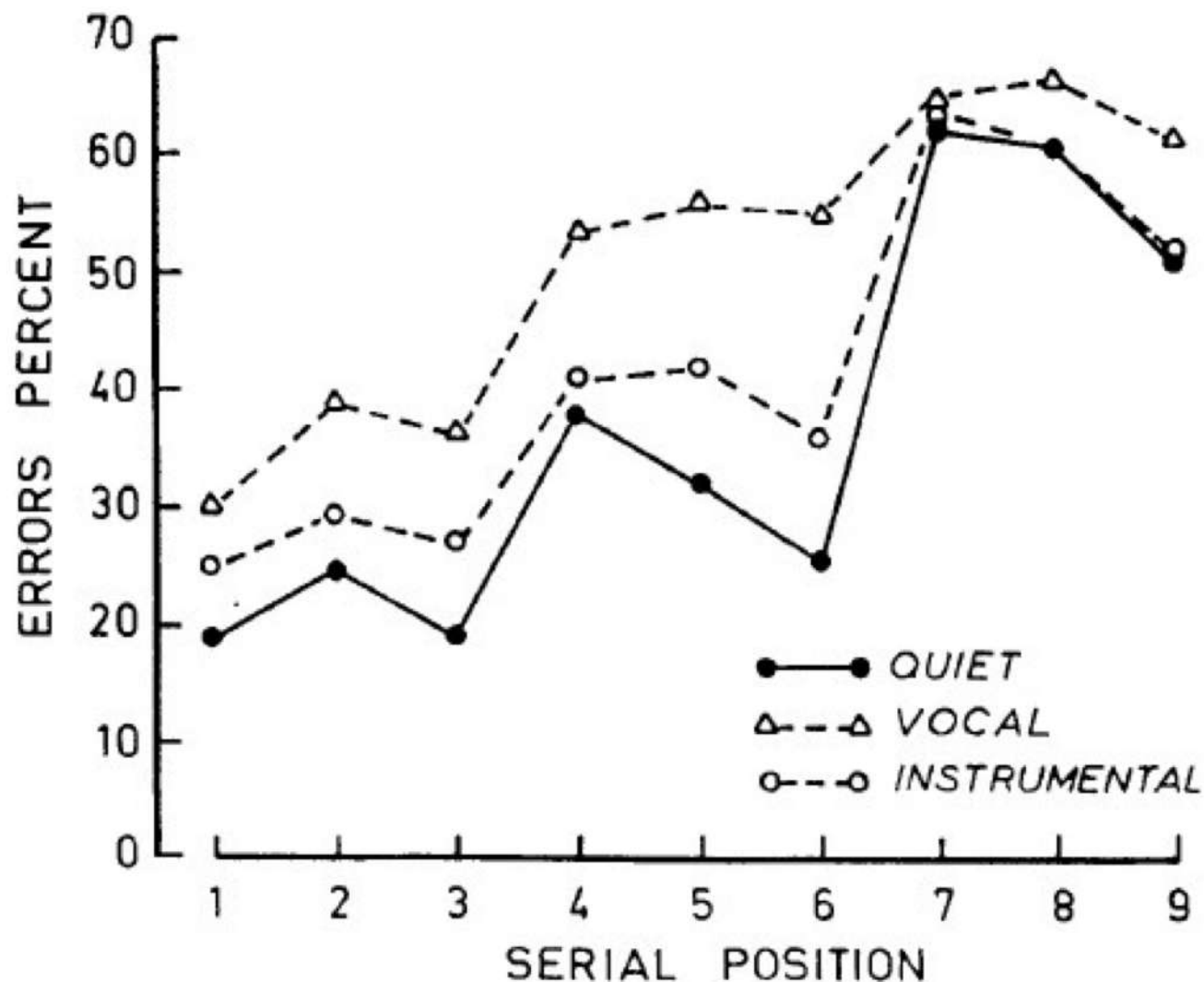


1. Choose music carefully
2. Work in focused bursts
3. Take notes by hand

# (1) Choose Music Carefully

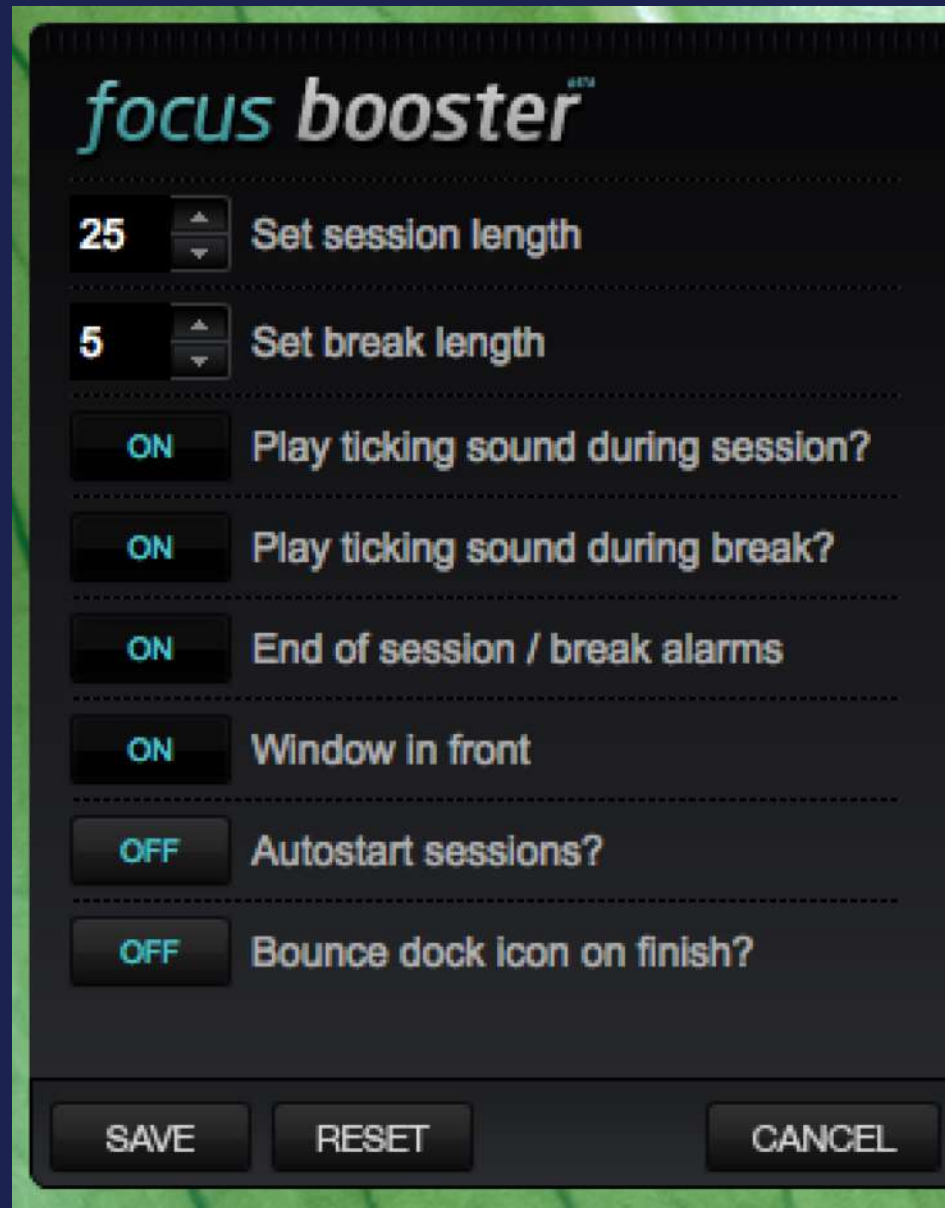
## Errors

Vocal (English) > Instrumental  
> Quiet



(2) Work in Focused Bursts

# Increase capacity for sustained focus





### (3) Take Notes by Hand

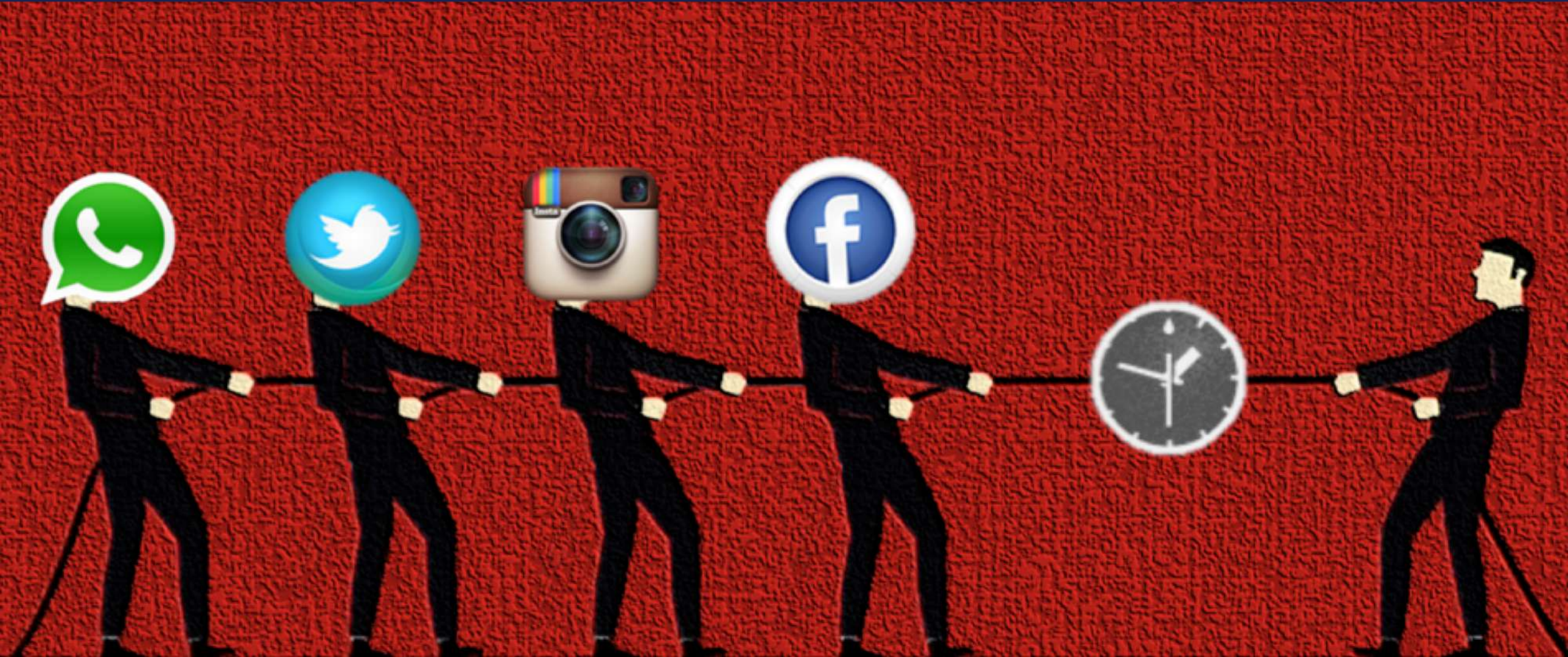
“Taking notes by hand forces you to actively listen and decide what is important”





# Be the Master, Not the Slave

Choose how you use technology!





# UPDATES

UPDATE

APRIL 8, 2020



## Improving the Quality of Your Children's Screen Time: Examples and Tips for Parents

What is your child doing when he/ she uses devices and screens? Are there ways to choose better screen time? The American Academy of Pediatrics recommends less than 2 hours of daily screen time for primary school children. It goes on to state that these should be "high-quality content". How can you choose high-quality [...] quality [...]

SHARE THIS

UPDATE

APRIL 8, 2020



## Is My Child Addicted Online? How Much Is Too Much?

While the quality of screen time is an important consideration, the amount of screen time is also not usually linked with Internet Addiction, Exposure to Cyber Aggression. Excessive time spent on screens subtracts from time spent on other real-life day

SHARE THIS

UPDATE

APRIL 7, 2020



## When Should I Give My Child A Mobile Phone? 3 Steps to Managing Digital Devices for Parents

When will your kids get their own smartphones and iPads? At which age do you think children can manage their usage of these devices? (\*Real story, names changed) Jayden\*, seven years-old, is glued to his iPad, watching Stampy videos on YouTube (live gaming commentaries on Minecraft). He seems oblivious to what is happening around him. [...]

SHARE THIS

UPDATE

APRIL 6, 2020



## Cyberwellness for Families: Managing Distractions from Social Media

YouTube: Children, youth (and adults!) love the endless choices we have on this platform. From games and music videos to Korean reality shows, there is so much to look forward to. And you do not have to search very hard! Recommendations, special channels, email alerts are pushed to every user. We are entertained wherever, whenever and whatever! There is never a boring

SHARE THIS

<https://www.medialiteracyschool.com/>



Media Literacy  
School

@MediaLiteracySchool

Home

Reviews

Photos

Posts

About

Community

Create a Page



This is what your Page looks like to a visitor. [Switch back to your view](#) to manage this Page.



Like



Follow



Share



...



Send Message



Write a post...



No Rating Yet



Photo/Video



Tag Friends



Check in

...

Community

See All

Photos



MEDIA LITERACY SCHOOL

Illuminate Perspectives • Advance Citizenry

Like & follow for updates  
@MediaLiteracySchool

About

See All

