

Transcripts for Ep 81- How to Handle Screen Time With Your K...

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SUMMARY KEYWORDS

screen, kids, parenting, pandemic, mom, child, people, guilt, recommendations, phone, charging station, american academy, talk, pediatrics, boundaries, started, joann, friends, algorithms, healthy habits

SPEAKERS

Brie Tucker, JoAnn Crohn



JoAnn Crohn 00:00

Welcome to the no guilt mom Podcast. I am your host, JoAnn Chron joined here by my fantastically amazing co-host Brie Tucker.



Brie Tucker 00:11

(Cheering) Hello, Hello, How are you? Come on down! It sounds like a game show.



JoAnn Crohn 00:16

it is! it's like we get to have our very own game show with a podcast. It's really the best of both worlds.



Brie Tucker 00:21

It is! it is I love like, we just get to hang out be cool. And people actually want to hear we have say.



JoAnn Crohn 00:28

That's awesome. It's like the friendship like, like it's just hanging out and like having fun. And we all got to hang out and have fun on Friday.



Brie Tucker 00:36

I know! I had an awesome weekend of catching up with people I hadn't seen in a while. So it was definitely a coming out of the pandemic weekend.



JoAnn Crohn 00:45

It was it was fun, though. It was like six of us who we used to hang out before the pandemic. And now we finally got to see each other and oh my gosh, we were so loud. Like our kids were in the house. And they were all hanging out in the backyard, the trampoline. And we stayed out like 11:30 I think.



Brie Tucker 00:59

Oh, yeah, I didn't get home after midnight. Yeah, it was I was like, Whoa, this is crazy for me. I can't remember the last time I stayed out to midnight.



JoAnn Crohn 01:07

I can't remember the last time I laughed that hard. Like you snapped a picture of me that I didn't even know you took.



Brie Tucker 01:13

I was sneaky.



JoAnn Crohn 01:14

You were sneaky.



Brie Tucker 01:14

I was a photo ninja.

J JoAnn Crohn 01:15
But I showed Josh and he's like, wow, I remember that face. I haven't seen that in a while. I'm like, nope, because the pandemic has taken the joy from everything

B Brie Tucker 01:24
sucked it right out. But it's coming back people!

J JoAnn Crohn 01:26
It's coming back. It's good. So we hope that you are getting the chance now to see people and you know, all in vaccinated goodness. And it's just, it's gonna be fun. It's gonna be good. No Positive times ahead. Good things are coming. This is my new mantra, actually, because I'm I'm very doom and gloom kind of person. Like not, I'm not doom and gloom. That's the wrong kind of good to -

B Brie Tucker 01:46
I was gonna say you're not really.

J JoAnn Crohn 01:47
it's more like trying to manage expectations. Like before this whole pandemic, I'm like, Well, I don't want to get too excited. So I'm just gonna say like, Oh, it's never gonna happen. It's never gonna happen. Oh, I need to prepare myself, you know, and now I'm just like, good things are happening today. Good things are gonna happen today. And that's, that's what I'm trying to concentrate on.

B Brie Tucker 02:06
I like that mantra. I do think that when you put good things out there positive things come back. So today, on our episode, we have something very interesting to talk about.

J JoAnn Crohn 02:16
Yeah,

B Brie Tucker 02:16

like, the summer coming up.

J JoAnn Crohn 02:19
Yeah,

B Brie Tucker 02:19
And there was one thing that we keep hearing over and over from people. And I get it because it's on my brain too. How are we going to handle screentime during the summer?

J JoAnn Crohn 02:27
Yes. Why is screentime becoming this all, like everywhere- every parent is really concerned about screen time?

B Brie Tucker 02:34
Well, I think it's because we're coming out of a year of us being on screens. And you know what, the pandemic has changed our lives. Like if you were able to have very little screen time in your family prior to the pandemic. It was hard to maintain that during the pandemic, because your kids were probably on screens for school.

J JoAnn Crohn 02:55
Yeah,

B Brie Tucker 02:56
You were probably on screens more for work. Right? And then there was also the fact that we were on screens for communicating keeping in contact with people facetimeing zooming, even phone calls, whatever.

J JoAnn Crohn 03:07
Yeah.

B Brie Tucker 03:07

We were plunged into this deep end of the pool where screens were involved in so many facets of our life. It was hard to get away.



JoAnn Crohn 03:16

Yeah. So if you are one of those people who feel guilty about screentime and it is kind of a scary thought to you especially with all the media messages about like you should keep your kids off screens. This is a total no guilt mom approach to screen time we are going to take away your worries and fears and concerns. You are not going to want to miss it. So here we go. If you feel overwhelmed with everything that you have to do in your house and you just wish you wish that your family would help you out more come and get our happy parent checklist you can download it for free at noguilmom.com/hpc. If you love listening to No Guilt Mom and how we chat about all things parenting then you need you need to check out the PG-ish podcast with our friend Erin Holland.



Brie Tucker 04:06

Oh my gosh Erin is so amazing and so much fun! She is on a mission to transform your parenting experiences from overwhelming frustration to growth and success through these amazingly bite sized amounts of wisdom and truth bombs. I just I love them like you can fit into your schedule no matter what your day looks like.



JoAnn Crohn 04:26

you can because twice a week she curates clips from today's psychologist, authors, parents and teachers to provide you with the guidance to grow as an individual and as a parent as you raise happy healthy successful kids and survive at all with a little more well being she's perfect for any busy moms lifestyle and most episodes you know they're really short they're under 30 minutes.



Brie Tucker 04:48

I know right? if you like as she completely meshes with our no guilt mom existence and mindset of you can do this. Throw away that guilt. You got to going!



JoAnn Crohn 04:58

Yeah, so check her out everywhere you listen to No Guilt Mom and now on the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're gonna help you

delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. How much screen time is too much screen time? we get this question a lot at no guilt mom.

- B** Brie Tucker 05:45
I think it's rooted in a lot of stuff. Like for those of you that have kids that are you know, the same agents, JoAnn's an mine. So like, there, you've got a kiddo that is probably in the double digits anywhere, I would say between nine and 18.
- J** JoAnn Crohn 05:59
Or we have a younger kid.
- B** Brie Tucker 06:00
Yeah. Or even younger kid. But I think for ours, definitely with the nine through 18. We started our parenthood with the American Academy of Pediatrics tell Yes. Stay away from screen. Oh, terrible for your kids.
- J** JoAnn Crohn 06:12
Oh my goodness! Yeah.
- B** Brie Tucker 06:13
So we had this, like, fear and guilt rooted into us when we started parenting.
- J** JoAnn Crohn 06:18
Yeah. And I mean, the American Academy of Pediatrics, they were the ones we heard it from, we heard it from pediatricians, like, Don't put your kids on screens. And under the age of two, there should be no screens in the house. And I mean, I would not have started my business, if not for Peppa Pig. Like, I really would not like Peppa Pig is the reason no girl mom exists because my son was on the couch next to me watching episodes of Peppa Pig while I was writing.

B Brie Tucker 06:45
And he started to become a little British.

J JoAnn Crohn 06:46
He was he went to go get a swimming costume. And we went to Target and he's like, do we need a shopping trolley? It was so funny! It was great. But he's great. He's great now. And it's one of those things where the guidelines that are given for screen time are very restrictive. for moms in particular, because I feel like moms are doing a lot of the child rearing. And they're the ones who are around the kids all the time. And when you take away one of these tools that we could definitely use for good. I mean, it's not all evil, we could use it for good. And we're gonna show you how you can do it. It's limiting.

B Brie Tucker 07:21
Right. So I had to dig a little bit for this one because I wanted to know what the current recommendations were because again, back in the day, when my kids were little had a job, I worked for a local hospital system out here in Arizona, where I did the In Home parenting support program. So it was my job to know all the regulations and the recommendations. So I could have thrown out to you the carseat recommendations, the screen time eating solid foods, all that stuff. So back at that time, the American Academy of Pediatrics was pretty much a gold standard. And it was no screen time under the age of one recommended no screen time under the age of two. But if you had to do what you could do a little bit, and so on and so forth. So when I started digging for these facts JoAnn, I found something very interesting. The American Academy of Pediatrics has not updated their screentime recommendations since 2016.

J JoAnn Crohn 08:09
Really?

B Brie Tucker 08:10
I would say a lot has changed in. Yes. And when I was searching for a accredited program that had recommendations for screentime for parents, the most updated one I was able to find was from February 2020.

J JoAnn Crohn 08:26

which obviously some things changed after February 2020.

B Brie Tucker 08:30
Like I didn't even put those two things together. Yeah, I found that I thought like, Oh, Feb. 2020 that's not that bad. And then he pointed out that it was right before the pandemic, and I'm like, Oh, good point.

J JoAnn Crohn 08:40
Oh, yeah.

B Brie Tucker 08:41
So the one that I did find was by the American Academy of Child and Adolescent Psychiatry, and I felt like that was actually a really good one, right? Because they're looking at it from the psychological impact on children that the mental health aspect of it, which I think is where the majority of our fears and our guilt comes from, am I gonna break my kid's brain?

J JoAnn Crohn 08:59
Yeah.

B Brie Tucker 09:00
By letting them watch screens?

J JoAnn Crohn 09:01
Are they not going to be able to interact with people? And are they going to become majorly depressed?

B Brie Tucker 09:06
And are they going to become like obsessed with video games and violence? And is that what's going to cause issues with your children. So just really quickly to run over the current recommendations from the AACAP, that's a lot of letters. Until 18 months of age, they say try to limit the use of video screens to like maybe video chatting with an adult,

especially because seeing an actual adult face is very helpful at that age because it helps them with communications. So if you're going to do screen time, FaceTime, zoom, Skype, those are great for kids at that age. And then their recommendation then goes up to like under two years old, just try to keep it educational.

J JoAnn Crohn 09:42
Yeah. Which I think -

B Brie Tucker 09:43
Peppa Pig is educational to some extent. I do think so.

J JoAnn Crohn 09:46
kind of.

B Brie Tucker 09:46
I mean well, they've learned about social interaction. And they're like, and they're slow and they give you time to react.

J JoAnn Crohn 09:53
and Daddy Pig. I just remember watching like, it's hilarious. It's so hilarious because daddy pigs all scientific he's trying to explain it and peppers like so it's magic. I love Peppa Pig.

B Brie Tucker 10:06
But you know what it is like talking to a typical kid isn't it? So you're say...it's magic.

J JoAnn Crohn 10:10
magic.

B Brie Tucker 10:11
Then they go on to like for kids two to five, limit the non educational screentime. And I love this recommendation because they're not saying don't do it. They're saying just try to

limit it if you can. And their recommendation is maybe one hour per day, which is a lot more gracious than what we had.

J JoAnn Crohn 10:28
Oh, yeah!

B Brie Tucker 10:28
When our kids were little.

J JoAnn Crohn 10:29
And they also have weekend days.

B Brie Tucker 10:31
Yes. And they even say like, on weekends, like you don't have to go screen free. But you know, maybe don't do unlimited for a two to five year old try to keep it like maybe like three hours ish. And then for kids over six, they're like, Hey, you don't necessarily have to limit the screen time, you just have to talk about what is healthy.

J JoAnn Crohn 10:51
Yeah.

B Brie Tucker 10:51
And having limited activities on that, that do include screens And that's a lot of what we talked about here at No Guilt Mom.

J JoAnn Crohn 10:57
that is and that's that's going to be part of our no guilt mom recommendations. So let's go through them. It's so funny, like looking at these and I try at first to figure out what the abbreviation would say, would it be like AACAP? Would it add cap say?

B Brie Tucker 11:12

I don't know.



JoAnn Crohn 11:13

But I think they looked at the pandemic, and they looked at their screentime guidelines. And they're like, Oh!



Brie Tucker 11:22

they were like, Good enough. Good enough. It's way better than where we were coming from to be begin with.



JoAnn Crohn 11:28

It's way, way better.



Brie Tucker 11:29

But you know, I think like one thing that I've always liked. So we have been talking a lot about screen times with especially like, we have our Balance group of moms that we -



JoAnn Crohn 11:37

Our Balance coaching program.



Brie Tucker 11:38

And they asked for more information about screentime recently, because of the pandemic, they were wondering about what it was because again, there was no, there's no set to find those guidelines.



JoAnn Crohn 11:48

Yeah, it's a lot of guilt around screen time. And these are the recommendations that we gave to our Balance members. And after like, we talked about it with them. They're like, Oh, my gosh, this makes me feel so much calmer.



Brie Tucker 11:59

And it also makes sense.

J JoAnn Crohn 12:01
It makes sense.

B Brie Tucker 12:03
It makes sense. And it's an it's a plan that you can get behind and feel good about.

J JoAnn Crohn 12:09
So let's talk about this. So the number one thing for screen time is always think about mentoring, over monitoring. Now monitoring is like all of this, like software that we're told to put on our kids devices, or travel and like screen time and be like, what are they doing, and let's block them from this side, let's block them from this site. Let's block them, you know, and we're trying to catch them being bad. And that's not good for a parenting relationship new, like trying to catch your kids like being bad in the act. There's no trust that's being formed there. Nor is there any explicit teaching about like, how to pick like screen sites, and how to evaluate a site for content or anything like that. So instead of spying on kids, think of it as a mentoring relationship. Instead, where you talk to them about your screentime habits, you may narrate what you're doing on the screen, when you're around your kids, I do that a lot. That was advice given to us by Tessa Stuckey, and one of our podcast episodes, we'll put a link to that in the show notes. But like, I take out my phone, and I'm like, Okay, I'm just expecting this one email. I'm just gonna check emails really quick, just to make sure that you know, I got it and everything's okay. Or I'll be like, on Facebook, I'm like, I need to like, check this little comment. So I narrate my time when my kids are seeing me on screen time.

B Brie Tucker 13:29
Oh, and I think that's really important, because a big point that has brought up and I feel like we've heard it, I know, I've heard it repeatedly from other people as well, that kids relate what you're doing to their own experiences. So if your child is typically on a screen, be it an iPad, a phone, a laptop, whatever. And their main thing that they're doing is video games or chatting with friends. They're not going to think you're on there looking up recipes for dinner. Yeah, not gonna think you're on there reading emails from the school, they're not going to think that you were on there reading news articles. None of that's ever going to occur to them. They're going to go Oh, mom's playing games. Yeah, mom's cruise and Facebook. Right. So like, that's why even just narrating or telling them what you're

doing. As much as you can remember to do it is super helpful. And that doesn't mean you need to hide when you are going down that Facebook rabbit hole or doing the mindless scrolling through Instagram because you just need to get on Instagram and then but then show them your healthy habits. Like I'm going to make sure that I'm only on it for 10 minutes while dinner is boiling on the stove or whatever it is.



JoAnn Crohn 14:35

It is also really good to talk about your mistakes on social media because sometimes you go down that rabbit hole and you'll be like, Oh my gosh, I just spent 20 minutes and I have no idea where the last 20 minutes went. Or like I was looking on Instagram and looking at these pictures make me feel really bad about myself like I should be doing more things or I should be having a prettier life or my home should be cleaner and like talk Talking about how social media is affecting you personally, oh my gosh, it is such a good lesson for kids. Because even though they may be like, actually like teens, the hear ya, and they better criticize their own, like social media feeds because of it,



Brie Tucker 15:17

right. And what it really does is, even though you may not see it right away, and they may not even acknowledge, you're talking-



JoAnn Crohn 15:24

yeah, you may be like this, I'm talking to empty air-



Brie Tucker 15:27

right, but they are hearing you and what you're doing is helping them become more self aware of what's going on. And that is a huge thing. Again, it's all about mentoring or teaching over that monitoring. And by the way, like, we're not bashing on parental controls at all, we're not saying that they are the worst thing ever. But what we're saying is, you can't use them in a vacuum, you can't just put them on and monitor your kid without any interaction or any discussion or just reprimanding them from what you find on there. That's not going to build healthy habits.



JoAnn Crohn 15:57

Yeah, parental controls kind of give you the kind of hint about what your discussion should focus on. But they shouldn't be the I'm gonna like take away all your screen time because

you went to this one site.

B

Brie Tucker 16:10

And I do want to ask parents a question on that when you are using that monitoring program, I want you to really think about, are you using it because you don't trust your kid on on the screens? Are you using it because you don't trust other people and what they're going to expose your child to? And maybe it's a little bit of both. That's fine. But again, like we talked about kids see things from their perspective, they're not going to be thinking about what other people are doing on the internet, they're thinking that you're only looking and judging on them. Yeah. So if you do use the parental controls, which again, we're not saying don't use, like I am in support of them. But I think it's important to articulate to your child. I'm not saying I don't trust you. I'm saying I don't trust the other people.

J

JoAnn Crohn 16:53

Yeah. Or I don't trust the algorithms. I mean,

B

Brie Tucker 16:58

the algorithms are!

J

JoAnn Crohn 17:00

that's really a discussion. I've been having a lot with my 12 year old, like, She's like, well, don't you trust me, because we talk a lot about time limits. And like screen time we do these screen time and like, I trust you. But these algorithms, they are meant to keep you online for ever clicking on stuff. Seeing ads like that is their job.

B

Brie Tucker 17:19

Yeah. And if you haven't watched this, and Netflix, I think it's still on there, the Social Dilemma, it was a really, really good sit down, watch. Now, your kids do have to be a little bit older, I would say middle school or older to really gather the benefits of it. And if your kid is anything like my middle schooler, one of them was fine to sit and watch it the other one the whole time was watch us, but but I know that some of it got through to her.

J JoAnn Crohn 17:44
It's an opening point for discussion.

B Brie Tucker 17:47
Yeah,

J JoAnn Crohn 17:47
because it's like those algorithms, Oh, my gosh, I mean, they will keep track of how much time you spend just staring at a picture. And they'll feed you more of those pictures and learning who you are and what you like. And so it's very good to be aware of them. And there are some algorithms like I avoid altogether because I'm like, No, like, you have learned me way too quickly. I'm spending so much time on you. And it's not even completely under my control.

B Brie Tucker 18:15
Oh, hands up to people that have said something around their phone or Alexa and then the next day it shows up in your email or on your feed.

J JoAnn Crohn 18:22
Oh my gosh! No, it's listening. It's listening all the time.

B Brie Tucker 18:27
It's like, it's just it's it's hilarious. As soon as it happens, you know what happened? Yeah, at first, like, remember years ago, we were like, Oh, it's so weird that this happened. And now we are I don't know about you. I just laugh.

J JoAnn Crohn 18:38
Yeah,

B Brie Tucker 18:38
I just laugh. And like, yeah.

- J** JoAnn Crohn 18:40
it's so funny because we were looking up thinking of getting a new car. And my husband was looking up a brand on his phone. And the ads started appearing on my Facebook feed. And I'm like, I didn't even look this up like.
- B** Brie Tucker 18:56
I want to start looking at funny things. And seeing like, if I start getting like weird sale ads,
- J** JoAnn Crohn 19:01
maybe
- B** Brie Tucker 19:02
gonna look up like potato peelers that attached to your hat.
- J** JoAnn Crohn 19:06
Oh, yeah! no, no. Here's one of the things I could say like, I really want one of those hats with the soda cans and the straw. I'm putting it out there. We have a Google in the room. Let's see what happens.
- B** Brie Tucker 19:19
To find one of those right.
- J** JoAnn Crohn 19:21
I wish I could find one.
- B** Brie Tucker 19:23
Okay, we could keep going on this for hours.
- J** JoAnn Crohn 19:25
Yeah. So it's really mentoring over monitoring behavior.

B Brie Tucker 19:29
Yeah. And number two, be empathetic.

J JoAnn Crohn 19:32
Yes.

B Brie Tucker 19:32
Be thoughtful. What are the reasons your child wants to be online? actually try to find out what is motivating them.

J JoAnn Crohn 19:39
Yeah, and calm and happy parenting our parenting course we talk about how to drill down to figure out exactly what your kids concerns are and what's going on in their heads. And this is such a useful skills a parent because once you know what they're getting out of their screen time, you can teach them on how to get that thing outside of screens.

B Brie Tucker 19:58
right and if you're innocent Were like maybe their main thing is to connect. And you guys are in a situation where they're not able to physically be out there with other people right now, then, okay, talk to them about that. But also talk to them about how to use that and to be thoughtful about how much time they're doing, and have a plan for how they're going to stop having that be their connection, and go back to in person when they're able to do that safely.

J JoAnn Crohn 20:20
And it's funny because like, screens have changed, like they've changed throw kids because we used to go and hang out all together. But now like kids hang out on their screens. And some of it's a little scary if they don't have the in person interaction as well, because you now go to the mall. And you see kids like not even talking to each other. They're all on their screens. And that's something that definitely needs to be brought up to kids on an individual basis. Like I use the term phubbing. It's a pH you BB. It's a combination of phone, and snubbing and I got it from the book in distractible, which is a great book, I will put a link to that in our show notes as well. But lobbying is when it's phones numbing, it's using your phone when you're around other people, and you're

subbing them and having that vocabulary to describe it. Kids are then able to see when their friends are phubbing or when they're phubbing.

B Brie Tucker 21:12
Right. And it's a fun word to say phubbing.

J JoAnn Crohn 21:15
you're phubbing me, phubbing me, hey, you're paying attention to your phone, you're not paying attention to me.

B Brie Tucker 21:21
So again, like just be thoughtful, be empathetic. Try to actually find out what their motivation is for why they're on there. Because again, you might think they're just mindlessly playing games, but actually, it might be filling another need for them.

J JoAnn Crohn 21:34
Yep,

B Brie Tucker 21:35
yeah. So what's number three?

J JoAnn Crohn 21:37
Number three is just setting boundaries and having those boundaries of when phones and screens don't come out.

B Brie Tucker 21:44
Yeah, like I mean, our house, no dinner time.

J JoAnn Crohn 21:46
No, no meal time whatsoever. Yeah, like all the phones go on our charging station counter.

- B** Brie Tucker 21:51
You know, we don't do that in our household. But we don't have phones at the table. And the same thing to when we go out to eat. You can't take out your phone at the table.
- J** JoAnn Crohn 21:59
Oh, yeah.
- B** Brie Tucker 22:00
Yeah. So it's just one of those. And I think if I had to take it away, I could I do like the charging station thing. We just haven't made a space like that in our house yet.
- J** JoAnn Crohn 22:09
The charging station is really helpful because I am huge on sleep, like sleep is very important to me. And I like the benefits of sleep are so important. I feel for kids. And that's like one of my things. I'm like, if you're not getting good sleep, you cannot mentally perform well, like that's a very strongly held belief I have. So and
- B** Brie Tucker 22:28
it's also scientific!
- J** JoAnn Crohn 22:30
it's also scientific, but it backed by research, but out of all like the research things like I hold on to that emotionally as well as factually.
- B** Brie Tucker 22:39
it's a big important factor of your family. Yes, it's a value of your family. Yes,
- J** JoAnn Crohn 22:42
yes. Well, the value of mine, I don't know if it's the value of the rest of my family, honestly.
- B** Brie Tucker 22:47

It's something that that you focus your family routines around,

J JoAnn Crohn 22:50
yes,

B Brie Tucker 22:51
then it becomes a family value.

J JoAnn Crohn 22:53
Yeah. So since sleep is so important, like there is research that you know, the blue light from screens prevents the production of melatonin, which helps you sleep. And so then it becomes harder to fall asleep at night when you use screens too close to bedtime. Yes. And so we have the charging station downstairs. So my son doesn't have electronics devices, eight, but my daughter, who's 12, she does have a phone and her phone goes in the charging station at night and does not come up to her room with her because of that. And she knows the reason behind it. And she knows like it's not because I don't trust her. It's because it really impacts sleep.

B Brie Tucker 23:28
right. So like if you're having a difficult time with those studying to the boundaries of certain times. some suggestions are again, like the charging station. Maybe everybody puts their phone on silent. If you need to go as far as turning them off. Like just letting your kids know that it's okay to not respond right away. Oh, yeah, did put the actual human connection ahead of the connection through the phone

J JoAnn Crohn 23:52
and like, not responding right away. also talking about notifications.

B Brie Tucker 23:56
I have gotten the point now where like, almost all of my notifications are turned off on my phone. Yeah, because I cannot handle my phone going to ding ding ding that Yeah, every time an app that I have has something new that pops up.



JoAnn Crohn 24:07

or like these watches like I have, I have an apple watch that connects to my phone. And I was just telling you the other day how I was like exercising. And I was like, I had all the endorphins from exercising and I was focusing and three pieces of bad news came in, like within the minute and I like look at my I'm like, oh, okay, and then I look at my watch again. I'm like, Oh, okay. And then the third one comes in and I'm like, I take my watch off and I throw it across the room. Because not only do notifications take you out of like the present, they like totally zap your happiness if it's something unpleasant to deal with.



Brie Tucker 24:43

Right, right. And you know what, it's almost to me it's almost as debilitating when it's something really good. Because I want to stop what I'm doing and share it.



JoAnn Crohn 24:51

Yeah.



Brie Tucker 24:51

So you're right, like I do think that that that that's a big one again about setting boundaries and just being aware of where that's at.



JoAnn Crohn 24:57

and it goes back to the whole mentoring like Talking about how these things like affect you and how they like take you out of the present moment and how they affect your mood as well, I think is really important for kids to know.



Brie Tucker 25:10

And one thing that I really love about boundaries is that you can also use it to build trust with your kids. I know it sounds like that's counterintuitive, but just hear us out on this. Like, you can start like after you talk to your children about why we're going to have boundaries, and talking about the importance of, of the mentoring over the monitoring, and being empathetic everything, then you be like, Okay, so this is what we're going to start with our boundaries, right, this is the time setting that we have. It can grow, though, I'm telling you that I'm not going to be set on it always been this amount of time it can grow as I see you having healthy habits, which encourages your children then to practice

healthy habits. If they want to increase that time,

J

JoAnn Crohn 25:48

I think, a great thing to do, I think I'm going to be starting that actually today with my daughter. And I took that from you. Yeah. It's like the things I read. And then the things I put into place all the time where, you know, I heard everything in the play. And it's probably like you listening to this podcast right now, you probably hear a lot of stuff. And you're able to tell people a lot of stuff. And then like things get busy and you don't do everything. It's not about giving yourself a hard time that you don't do everything. It's saying that there's so much that there could be done and you can always go back and implement the stuff that you feel is important that's been kind of put on the wayside. So you can always go back but yeah, content limits and time limits are things that you can play with

B

Brie Tucker 26:30

to give your kids more trust. Yes, things to look forward to things to work towards. So our last tip is going to be about content creation over consumption.

J

JoAnn Crohn 26:39

Yes, because not all screentime is created equal.

B

Brie Tucker 26:41

No, it is not.

J

JoAnn Crohn 26:42

you can be like scrolling through Instagram or tik tok and get nothing done. Or you could be making really creative, funny videos that bring people joy, or teach them something.

B

Brie Tucker 26:53

Oh, my goodness, I've seen some light up there. Because it's like, Whoa, that's interesting, too. Like when it comes to talking about the social media time and whatnot, I have to like remind my kids that part of this is my job as a head of content and community to be on and to do certain things and to create videos. And it is rewarding to have that thing you can look back on and be like I made tha.



JoAnn Crohn 27:13

you made that. Yeah. And it's so funny, like working in social media. And if you have a career that involves your use of social media, it's hard sometimes to separate yourself from it. And I know Brie, you know, I do this, but like I've unfollowed every one of my friends on Facebook.



Brie Tucker 27:30

Yeah, I have to tell her when there's something big going on and I'm like, hey, just so you know, Jenna had something awesome happened this weekend. You might check it out.



JoAnn Crohn 27:36

Yeah, cuz I mean, everyone's still friends on Facebook, I could still go to their profile. And I'm like, oh, how awesome. But it doesn't like take me out of like my work state when I go on the feed, right?



Brie Tucker 27:47

Because otherwise those notifications drive you bonkers.



JoAnn Crohn 27:49

The notifications! you like go on, you're like, Okay, I have to post this one little thing. Oh, 30 minutes later What happened?



Brie Tucker 27:56

Right, like, so it's tricky. So like, the big thing that we're talking about is just like teaching your children about the benefit of making content, whatever that making the content is like, again, like in my household, I'm a lot more flexible when my son wants to play Roblox or Minecraft when he's doing it in creative mode. He's creating a huge world for him and his friends to go check out later in Minecraft. Or he's using Roblox in the game creation setting. And he's learning about coding and moving things around like, and he knows that that I'm a lot more flexible with that, because again, he's learning something he's creating something. Exactly. It's just in a digital age, baby!



JoAnn Crohn 28:32

it is! So again, our four tips for screentime. I think mentoring over monitoring,

B Brie Tucker 28:39
Be empathetic to what your children's needs are

J JoAnn Crohn 28:41
Be okay with setting those boundaries with time and with content.

B Brie Tucker 28:45
and also building trust within those boundaries. And then the last one about content creation is so much more important over consumption.

J JoAnn Crohn 28:52
Yes. So tell us what you think of this. You can email us Hello@noguiltmom.com. Or if you go to no guilt, mom calm. You'll see there is a podcast link, you can click that podcast page. And then right at the bottom of the podcast page, you'll see a little microphone, guys. You can leave us a voicemail. You can leave us a voicemail and you could tell us what you think it's just like us talking to you. You'd be talking to us and oh my gosh, we don't get many voicemails and we would so love it if you left us a voicemail!

B Brie Tucker 29:22
Yes, that'd be amazing.

J JoAnn Crohn 29:24
So until next time, remember the best mom is a happy mom, take care of you. We'll talk to you later.

B Brie Tucker 29:30
Thanks for stopping by.