

THE Counseling CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Parisi

Managing Screen Time During the Holidays

The holidays are a challenging time for parents, not just because our children have less structure but also because they have more opportunities to be on their devices. Electronics are a part of everyone's life but too much screen time increases stimulation and can lead to anxiety and depression. Here are some tips to help manage screen time during the holidays...

1. **Set limits in advance** - before the holidays begin, sit down with your children and discuss how much screen time they will be allowed each day.
2. **Stick to a routine** - try to stick to a similar screen time schedule as the rest of the year to avoid confusion.
3. **Make sure there are other options** - bored children will turn to devices. Have other activities available for them.
4. **Be a good role model** - if your children see you spending less time on your device, they are more likely to do the same.
5. **Create bonding opportunities** - holidays are the perfect time for family activities. Simple things like taking walks, playing games and cooking together can help create wonderful memories.
6. **Be flexible** - the holidays can be hectic! If your children spend more time than you had planned on their devices, don't stress! Do the best you can to find balance.

December's Focus:

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<https://elizabethsautter.com/no-screen-holidays/>

