

00:04:16 Dr. Laura Markham: Welcome to the Workshop on Navigating Screens!

00:05:40 Candace Kielbiski: I am going to post a couple of resources here:<https://www.ahaparenting.com/read/tips-bond-close-teen><https://www.pcmag.com/picks/the-best-parental-control-software>

00:06:16 Candace Kielbiski: I will post them periodically through the chat, so that you can find them!

00:07:46 Zoe Field: Hi Candace, that link doesn't work for me. Not sure it's just me.

00:08:35 Disha Trivedi: Replying to "Hi Candace, that lin..."

I get it too 😊 It throws a page not found error.

00:10:15 Heidi Whipple: Try this link: <https://www.ahaparenting.com/read/tips-bond-close-teen>

00:10:30 Disha Trivedi: Reacted to "Try this link: https..." with 👍

00:10:54 Zoe Field: That works, thank you!

00:11:01 Heidi Whipple: <https://www.pcmag.com/picks/the-best-parental-control-software>

00:11:40 Disha Trivedi: Thank you!

00:20:34 Candace Kielbiski: All of these statistics are blowing my mind.

00:21:04 chaya weinberg: I watched a documentary on Netflix that explained how we are the product for social media and that is why it is free for us to use. I forgot what it was called tho...

00:21:39 Heidi Whipple: Me too! It is really eye-opening. It makes me want to reevaluate my own social media use!

00:22:30 Candace Kielbiski: <https://www.jeantwenge.com/>

00:28:51 Esther James: Any recommendations for specific math programs on screens?

00:29:45 Heidi Whipple: For a math game, my kids love Prodigy. They do math problems targeted to their level but it plays like a game. Khan Academy is not a game but a math program that is also good.

00:30:35 Esther James: Reacted to "For a math game, my ..." with 👍

00:39:13 Candace Kielbiski: I haven't had the opportunity, nor I am not sure if I have the bandwidth, to watch a new movie by Kate Winslet called "I am Ruth", that is about the effects of social media on her teenage daughter

00:49:26 Heidi Whipple: Make sense why kids have so much time stopping!

00:50:27 Candace Kielbiski: This is the piece that has changed my thoughts about everything

01:01:40 Disha Trivedi: That piece of advice has been a game changer. Thank you for reminding us 😊

01:02:03 Heidi Whipple: Me too, Disha.

01:02:03 chaya weinberg: Reacted to "That piece of advice..." with ❤️

01:02:14 Abigail Wightman: This is so so helpful and informative

01:02:27 chaya weinberg: Reacted to "This is so so helpfu..." with 👍

01:05:08 Esther James: What are natural non-screen ways to give dopamine and serotonin to those vulnerable non-neurotypical kids ?

01:06:03 Disha Trivedi: Reacted to "Me too, Disha." with 😊

01:06:10 Candace Kielbiski: This is a great question Esther!

01:07:33 Candace Kielbiski: forestapp.cc

01:08:29 Heidi Whipple: I've found it helpful to name my emotions in those situations. Sometimes it takes a little while to figure out what I'm feeling!

01:16:55 Candace Kielbiski: <https://www.annalembke.com/dopamine-nation>

01:18:59 Esther James: Low tech communities are hard to come by! I know very few families like this, unfortunately. But I see Dr. Laura's point here.

01:20:55 Disha Trivedi: I am not sure what kind of games help ADHD kids..any suggestions?

01:24:08 Disha Trivedi: I so wish I didn't have to drop. This has been amazing! Thank you Dr Laura and Team 😊 I look forward to reviewing the recording for what I miss.

01:24:20 Christine Charron: Red light, green light, Simon says

01:26:07 Harriet Newton: At what age is attachment style established, as this seems to impact addiction Anna Lembke

01:26:19 Heidi Whipple: We have a rule about no screens before lunchtime, and I think it's been really helpful

01:26:28 Candace Kielbiski: <https://drdunkley.com/reset-your-childs-brain/>

01:26:42 Heidi Whipple: <https://www.ahaparenting.com/read/the-first-cell-phone-rules-for-responsibility>

01:41:29 Kamilla Miesak: I have to go pick up my daughter - can I submit a question via e-mail?

01:41:51 Heidi Whipple: Put it in the chat!

01:42:26 Heidi Whipple: We also have office hours in 2 weeks for more questions

01:43:13 Kamilla Miesak: got it. I'll do in person next time. thank you for a very informative session!

01:43:40 Candace Kielbiski: You can also bring it to our Facebook group! or email me successpath@ahaparenting.com

01:45:31 Candace Kielbiski: <https://www.pcmag.com/picks/the-best-parental-control-software>

01:46:52 Ish G: Is there a way to send the links shared here, in an email?

01:48:36 Candace Kielbiski: Ish, they are going to come out in the resource list that Dr. Laura is sending out.

01:48:48 Ish G: Reacted to "Ish, they are going ..." with 👍

01:49:44 Esther James: One thing that is working for me is deliberately downgrading technology. We got a TV monitor and DVD player at a thrift store, and are able to get a ton of great DVDs at the library. I can see my kids doing better with DVDs than they do with Netflix or other streaming apps. It's a calmer experience. So any other tips for downgrading technology will be appreciated!

01:51:34 Candace Kielbiski: Thank you!!!

01:51:36 Heidi Whipple: Thank you so much! This was excellent!

01:51:37 chaya weinberg: Thank you!

01:52:04 chaya weinberg: I love that Esther!

01:52:29 Zoe Field: Thank you so much!

01:52:31 Eleni Karacostas: Thank you so much, this has been so helpful!

01:52:49 Ish G: Love this workshop today! Thank you so much for all your wonderful ideas and insight.. Loved it.

01:53:00 Christine Charron: Thank you everyone!!

01:53:03 Harriet Newton: Thanks so much Laura and Candace, most helpful about more games exercising the child's flexible thinking and impulse control not just screens. Candace thanks can I go in a group