

Navigating Screens Workshop – October 2025

Transcript of Chat

00:12:13 Dr. Laura Markham: Welcome to the Success Path Screens Workshop! Here are the handouts for today:

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Family+Screen+Plan.pdf?updated=1760718441549>

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Parental+Controls.pdf?updated=1760718409072>

00:13:16 Catherine Archibald: yes

00:13:19 Disha Trivedi: Yes 😊

00:13:20 Meghan Howcroft: YES YES YES

00:13:21 Louise Pealing: yes yes yes!!

00:13:23 Dan Frank: yes

00:13:23 Heidi Whipple: Welcome to the Success Path Screens Workshop! Here are the handouts for today:

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Family+Screen+Plan.pdf?updated=1760718441549>

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Parental+Controls.pdf?updated=1760718409072>

00:13:26 Abigail Wightman: YES!!

00:13:50 Heidi Whipple: Yes!

00:13:58 Beth Peterson: Yes!

00:14:25 Heidi Whipple: Find all of the screen resources for this spotlight here:

<https://www.peacefulparenthappykids.com/members-v2-spotlight-topic/navigating-screens>

00:15:15 Heidi Whipple: Share your success and questions in the Facebook group:

<https://www.facebook.com/groups/1078692309151013/>

00:19:15 Heidi Whipple: Here are the handouts for today, in case you came in late and missed the link:

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Family+Screen+Plan.pdf?updated=1760718441549>

<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Parental+Controls.pdf?updated=1760718409072>

00:19:49 Clara Roulev: Reacted to "Here are the handout..." with ❤️

00:22:50 Ósk Dagsdóttir: How long is the workshop?
00:23:10 Heidi Whipple: Replying to "How long is the work..."

It is scheduled to go for an hour and a half.

00:23:18 Ósk Dagsdóttir: Replying to "How long is the work..."

Great, thank you

00:31:38 Jenny Ellerbe: We have screen limits but my teen (13) is excellent at getting around the limits. Is it too late for a reset? I should note I'm a widow, so it's just me.

00:31:50 Dan Frank: Turning it off

00:31:57 Catherine Archibald: Challenge is kids come home with chrome books from school then immediately start playing computer games on them.

00:31:57 Abigail Wightman: Constant asking for screens

00:31:59 Martyna Hempel: Turning off

00:32:05 Meghan Howcroft: My 13 year old is the only kid in his high school classes without a smartphone so the pressure is on - constantly asking for one now!~

00:32:06 Phyllis Jachowski: my 8 year old has trouble ending the screen time

00:32:08 Anna McQuere: We have screen limits too but there's a lot of negotiation about ending 😊

00:32:10 Jeremiah Kornder: Getting agreement with my partner.

00:32:13 Heidi Whipple: Teen neurodivergent son keeps switching to games when he's supposed to be doing schoolwork

00:32:16 Estera Ciparyte-McDonald: "5 more minutes"

00:32:20 Angela Scala: Too much YouTube, low quality screentime that my son watches constantly trying turn it off

00:32:23 Louise Pealing: it is the comment "just need to do one thing first..." "I'm nearly finished"...only few minutes left"..... how to negotiate with this.....or not....

00:32:28 merima bejtagic: My trigger is when my husband just gives it to them and has no capacity to be with them and soothe them... :(he is too tired

00:32:31 Jay Straub: Other kids get more screen time and also age inappropriate screen time. My 11yo thinks that's unfair.

00:32:41 Heidi Whipple: Replying to "Challenge is kids co..."

Yes, this makes it so hard on parents!

00:32:45 Dan Frank: Choosing good content

00:33:10 Angela Scala: And my diehard Boston sports fan wants to stay up too late watching games! Lol somehow I don't mind that as much because he learns watching the games

00:33:23 Heidi Whipple: Replying to "We have screen limit..."

It's not too late for a reset! Need a Screen Reset? Here's How to Dial Back the Screens

- 00:33:32 Heidi Whipple: Reacted to "Turning it off" with 👍
- 00:33:42 Heidi Whipple: Reacted to "We have screen limit..." with 👍
- 00:33:49 Ósk Dagsdóttir: Other parents allow so much unsupervised internet, violent games or movies. Also smart phones and social media is so prevalent that most middle schoolers and teens are on them all the time. When you have firm boundaries not to allow any of those it is difficult, how to say no to child but even more how to protect the child from other children's use and also child getting isolated when not allowed to do all those things.
- 00:33:49 Heidi Whipple: Reacted to "Challenge is kids co..." with 👍
- 00:34:13 Heidi Whipple: Reacted to "Constant asking for ..." with 👍
- 00:34:17 Heidi Whipple: Reacted to "Turning off" with 👍
- 00:34:25 Jenny Ellerbe: Reacted to "It's not too late fo..." with ❤️
- 00:34:26 Heidi Whipple: Reacted to "My 13 year old is th..." with 👍
- 00:34:34 Heidi Whipple: Reacted to "my 8 year old has tr..." with 👍
- 00:34:38 Heidi Whipple: Reacted to "We have screen limit..." with 👍
- 00:34:41 Catherine Archibald: One kid good at putting screens away, the other one not good at it. How to put limits on one kid that needs it and not on the other one without claims of unfairness and resentment between siblings.
- 00:34:42 Heidi Whipple: Reacted to "Getting agreement wi..." with 👍
- 00:34:47 Heidi Whipple: Reacted to ""5 more minutes"" with 👍
- 00:34:54 Heidi Whipple: Reacted to "Too much YouTube, lo..." with 👍
- 00:35:21 Clara Roulev: Replying to "My 13 year old is th..."

yes, the conflict of holding the limit, and also wanting to making sure our kids are not left out.

- 00:35:22 Heidi Whipple: Reacted to "it is the comment " ..." with 👍
- 00:35:31 Heidi Whipple: Reacted to "My trigger is when m..." with 👍
- 00:35:36 Heidi Whipple: Reacted to "Other kids get more ..." with 👍
- 00:35:41 Heidi Whipple: Reacted to "Choosing good conten..." with 👍
- 00:35:47 Heidi Whipple: Reacted to "And my diehard Bosto..." with 👍
- 00:35:54 Clara Roulev: Reacted to "My 13 year old is th..." with 👍
- 00:36:00 Heidi Whipple: Reacted to "Other parents allow ..." with 👍
- 00:36:37 Heidi Whipple: Reacted to "One kid good at putt..." with 👍
- 00:37:06 Heidi Whipple: Replying to "We have screen limit..."

Or similarly, figuring out how to do this with different kids of different ages.

- 00:40:06 Ósk Dagsdóttir: Reacted to "We have screen limit..." with ❤️
- 00:41:02 Claudia Blanco: My 14 yr old watch movies with friends on the phone and play games sharing screens. Not to mention he is too caring and social. Friends are priority for

him forgetting about his needs, and obligations. He is a strong willed kid - what are your suggestions on how to address? thx

00:41:48 Heidi Whipple: Replying to "My 14 yr old watch m..."

This is a great question - we will have time to take questions in about half an hour.

00:44:16 Heidi Whipple: Replying to "My 14 yr old watch m..."

What do you want your child to have more of in their life? I would start the conversation there with your child, figuring out how to increase those things (in person social time, outdoor time, family time, etc.)

00:48:57 Catherine Archibald: A lot of AI also uses a lot of energy and water, and so is not good for the environment. Many kids care about these issues, but don't realize this about AI.

00:49:11 Marta Khader: Reacted to "A lot of AI also use..." with 👍

00:49:12 Heidi Whipple: Reacted to "A lot of AI also use..." with 👍

00:49:45 Clara Roulev: Reacted to "A lot of AI also use..." with 👍

00:51:08 Jenny Ellerbe: Is YouTube considered social media?

00:53:37 Marta Khader: Replying to "Is YouTube considere..."

That's a great question. Dr. Laura will be taking questions at the end.

00:54:06 Ósk Dagsdóttir: Replying to "Is YouTube considere..."

No, it is a streaming service that has EVERYTHING. Some may be fine but there is also violence and porn on there and there is no real way to know what comes on. I was a child protection lecture where she said there is brutal porn with all the Disney princesses on there that kids can accidentally find.

00:54:14 Heidi Whipple: Replying to "Is YouTube considere..."

I think this could depend more on use - a child using it to watch videos might be different than one posting and creating their own content to interact with people

00:54:54 Heidi Whipple: Reacted to "No, it is a streamin..." with 😭

00:55:48 Jenny Ellerbe: Reacted to "No, it is a streamin..." with 😭

00:56:01 Jenny Ellerbe: Reacted to "I think this could d..." with 👍

00:56:07 Jenny Ellerbe: Reacted to "That's a great quest..." with 👍

00:56:57 Catherine Archibald: It would be helpful to know what apps are social media.

00:58:22 Ósk Dagsdóttir: Replying to "It would be helpful ..."

Facebook, snapchat, instagram at least. Not sure about TikTok...

00:58:40 Jeremiah Kornder: Social media creeps. And congress creeps. Yikes.

00:59:20 Jenny Ellerbe: Reacted to "It would be helpful ..." with 👍

01:01:04 Meghan Howcroft: Could we get those two books Laura just mentioned in the chat please? I didn't catch them.

01:01:36 Dan Frank: 6 years old, take away is no screens are good until 15/16

01:01:41 Heidi Whipple: Replying to "Could we get those t..."

10 Rules for Raising Kids in a High-Tech World: How Parents Can Stop Smartphones, Social Media, and Gaming from Taking Over Their Children's Lives by Jean M. Twenge and I didn't catch the other one

01:01:47 Disha Trivedi: 13 and 9 year old. This discussion was a great reminder to be more cognizant.

01:01:52 Phyllis Jachowski: 9 year old girl, no social media, screen time 1 hour daily or only on weekends

01:02:01 Marta Khader: 10 Rules for Raising Kids in a High-Tech World
<https://amzn.to/4qhhGra>

01:02:07 Meghan Howcroft: 10 year old and 13 year old. Have been trying to hold off on giving a smartphone to the 13 year old but now that he's in high school and everyone else has one it's become a nightmare trying to manage his desire to be like everyone else.

01:02:15 Meghan Howcroft: Reacted to "10 Rules for Raising..." with 👍

01:02:17 Catherine Archibald: 14-year-old twins. Action to take - make a family screen plan and include the school devices.

01:02:18 Jenny Ellerbe: 13 (14 in Dec). We already don't do social media. Need a reset on screen time—he manipulates the limits

01:02:28 Anna McQuere: Ages 8 and 3. We do very little screens on weekdays, but they get 2 hours on weekends. I think we'll reduce to 1 hour. The ending time is the tricky part

01:02:38 Marta Khader: The Tech Exit <https://amzn.to/4hkhy6j>

01:02:48 Jay Straub: 11yo - we've been mostly following what you just said - our child feels like he's missing out and like it prevents him from finding friends and being a real part of his class

01:02:55 Meghan Howcroft: Reacted to "10 Rules for Raising..." with 👍

01:03:20 Heidi Whipple: Screen plan:
<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Family+Screen+Plan.pdf?updated=1760718441549>

01:03:22 merima bejtagic: Replying to "11yo - we've been mo..."
same

01:03:31 Meghan Howcroft: Reacted to "The Tech Exit <https://amzn.to/4hkhy6j>" with 👍

01:03:33 Abigail Wightman: 1 year old, 3 year old & 8 year old considering no screens on week day as when my 8 year old has screen time he wants more and more and it ends up such a struggle

01:03:36 Heidi Whipple: Reacted to "The Tech Exit <https://amzn.to/4hkhy6j>" with 👍

01:05:30 Krystle McEntire: Kids ages 10 and 4. Can the screen time rules change when you are on vacation? For example, airplane rides and long dinners when the adults are trying to talk.

01:05:51 Claudia Blanco: It is hard to control screen time when homework needs to be completed in the chromebook. I've caught my kid toggling between tabs.

01:06:16 Heidi Whipple: Replying to "Kids ages 10 and 4. ..."

I think so. You can have a conversation "We're going to do this a little differently on vacation, but we have the same rules as usual when we get home."

01:06:36 Heidi Whipple: Replying to "It is hard to contro..."

Oh yes, same here!

01:07:25 Jenny Ellerbe: Replying to "It is hard to contro..."

Yes

01:08:53 Ósk Dagsdóttir: 4 year old watches TV some days, very limited time. No other screen except for very occasional video calls with family away and watches his brother play chess online. 9 year old watches TV some days, not very much, children's shows or family movies and football games occasionally or quiz shows. Plays and studies chess online, always with a parent around. No other screens. Keeps asking for a dumb phone, we have delayed it. Knows that there is no chance he would get a smart phone. But the problem is that all other parents allow so much and often inappropriate use.

01:11:36 Heidi Whipple: Parental controls worksheet:
<https://www.peacefulparenthappykids.com/assets/documents/Assets-Printables/Parental+Controls.pdf?updated=1760718409072>

01:13:16 Mitra Ordibehesht: My son is 7 years old and he is only child he can't at all entertain himself and when I ask him you need to entertain himself without any digital devices then he starts crying . What should I do

01:13:59 Heidi Whipple: Replying to "My son is 7 years ol..."

Here are some links that address that: Your Age-by-Age Guide to Screen-Free Activities Your Child Can Do With Minimal Supervision

Handling Boredom: Why It's Good for Your Child

Supporting Your Child To Play Independently

01:15:40 Marta Khader: Replying to "4 year old watches T..."

The peer pressure and unsupportive community are so challenging! It makes setting these limits so much more challenging. We can't control the outside world. My son actually saw porn at a summer soccer camp on another child's phone. It is that much more important that we educate and explain our reasons for the limits that we are setting without frightening out children.

01:16:05 Ósk Dagsdóttir: Reacted to "The peer pressure an..." with ❤️
 01:16:12 Heidi Whipple: Reacted to "The peer pressure an..." with ❤️
 01:16:18 Clara Roulev: Reacted to "The peer pressure an..." with ❤️
 01:17:46 Ish G: We put a slightly older TV in the family room, that doesn't allow for stream services to be launched directly from the TV. I have attached a Chromecast to the TV and control any content my kids want to watch, from my phone or laptop. I feel it helps a lot.
 01:17:46 Ósk Dagsdóttir: Replying to "4 year old watches T..."

Yeah, it is three problems. The pressure on us is "easy". Then there is him being exposed to stuff that is really hard. But also that usually, at least for now, he leaves when they go to something he is not allowed but that is going to get more and more and there is the concern of isolation.

01:18:05 Heidi Whipple: Need a Screen Reset? Here's How to Dial Back the Screens
 01:18:07 Jeremiah Kornder: Home the detox plan for my kid! :]
 01:18:37 Abigail Wightman: Replying to "Could we get those t..."
 I love watching this live and reading all the comments and links. Can't wait to rewatch later too
 01:19:11 Jenny Ellerbe: Reacted to "I love watching this..." with ❤️
 01:19:45 Marta Khader: The Tech Exit <https://amzn.to/4oit706>
 01:20:00 Ósk Dagsdóttir: I will meditate for a minute before I pick up my own phone
 01:20:05 Catherine Archibald: One small change - get my kids to play their computer games in the dining room instead of in their bedrooms.
 01:20:08 Marta Khader: 10 Rules for Raising Kids in a High-Tech World
<https://amzn.to/3KTgjim>
 01:20:14 Angela Scala: No phone! Yes, I am almost happy that my son broke the TV in the basement because at least I know what he is watching. I need to listen to the audio for this spotlight still
 01:20:14 Disha Trivedi: My biggest takeaway is how serious the impacts are.. Even though I have been conscious of it, this was a wonderful reminder!
 01:20:18 Meghan Howcroft: Am going to start thinking about and talking to my husband around what we want to see more of or less of in our household and actually build an official agreement with our kids.
 01:21:24 Disha Trivedi: Reacted to "Am going to start th..." with ❤️
 01:21:38 Jenny Ellerbe: The book was blurry on my end. Can you please put it in the chat?
 01:22:08 Angela Scala: Thank you. Tonight I am going to try to get my son to movie night at the local pumpkin patch 🍂
 01:22:16 Marta Khader: Replying to "The book was blurry ..."

10 Rules for Raising Kids in a High-Tech World <https://amzn.to/46XNE4n>

01:22:17 Heidi Whipple: Replying to "The book was blurry ..."

10 Rules for Raising Kids in a High-Tech World: How Parents Can Stop Smartphones, Social Media, and Gaming from Taking Over Their Children's Lives by Jean M. Twenge

- 01:22:49 Marta Khader: Reacted to "My biggest takeaway ..." with ❤️
- 01:23:01 Ósk Dagsdóttir: Reacted to "Thank you. Tonight I..." with 🍊
- 01:24:24 Heidi Whipple: We'll start with Osk's question then Disha
- 01:25:31 Disha Trivedi: Reacted to "We'll start with Osk..." with 👍
- 01:25:38 Disha Trivedi: Reacted to "Thank you. Tonight I..." with ❤️
- 01:30:55 merima bejtagic: where is the antiporn book?
- 01:31:02 Marta Khader: Here in NH they recently passed a state law that phones are not allowed in schools and I've spoken to two HS teachers who told me that the kids feel a sense of relief and like the ban.
- 01:31:17 Heidi Whipple: Reacted to "Here in NH they rece..." with ❤️
- 01:31:20 Clara Roulev: Reacted to "Here in NH they rece..." with ❤️
- 01:31:42 Jenny Ellerbe: Will the recording be available on the website?
- 01:31:43 Heidi Whipple: Replying to "where is the antipor..."

It is on the spotlight page <https://www.peacefulparenthappykids.com/members-v2-spotlight-topic/navigating-screens>

- 01:31:47 Clara Roulev: Replying to "Here in NH they rece..."

ah! this is such great news, Marta!

- 01:32:40 Heidi Whipple: Replying to "Will the recording b..."

Yes! It will be on the main Success Path page and then in the Office Hours archive.

- 01:33:07 Disha Trivedi: Reacted to "Here in NH they rece..." with ❤️
- 01:33:36 Heidi Whipple: The guide for how to talk to your kids about porn and other resources from this spotlight can be found here:
<https://www.peacefulparenthappykids.com/members-v2-spotlight-topic/navigating-screens>
- 01:33:54 merima bejtagic: Replying to "where is the antipor..."
- oh thanks ... I missed a lot this month.
- 01:35:04 Heidi Whipple: Replying to "where is the antipor..."

The resources for this spotlight will be there until the end of the year, so please download because there are so many wonderful ones.

- 01:35:07 Louise Pealing: I agree Osk...it feels a very dark time but also we parents and communities that care...are organising ourselves and fighting back about this.....
- 01:35:24 Ósk Dagsdóttir: Reacted to "I agree Osk...it fee..." with ❤️
- 01:35:29 Jenny Ellerbe: Reacted to "Yes! It will be on t..." with ❤️
- 01:35:45 Ósk Dagsdóttir: Replying to "where is the antipor..."

That is awesome to know 😊

01:41:53 Jenny Ellerbe: I have to go. This has been great! Thank you!

01:43:12 Heidi Whipple: Disha, does your daughter's computer have a nightlight setting to turn on? It reduces blue light that can keep us up. I keep it on with my kids' devices all the time. 😊 For some kids, this seems to make a difference.

01:43:50 Phyllis Jachowski: Nature sounds help my child go to sleep....like oceans, chirping, etc

01:43:57 Heidi Whipple: Reacted to "Nature sounds help m..." with ❤️

01:44:38 Heidi Whipple: Replying to "Disha, does your dau..."

To clarify, we started this because I found that screentime even after school was making it hard for them to fall asleep.

01:46:00 Heidi Whipple: Reacted to "I have to go. This h..." with ❤️

01:46:49 Mitra Ordibehesht: Heidi ; could you please send the link to the website that talks about support kids play independently

01:47:30 Heidi Whipple: Replying to "Heidi ; could you pl..."

Your Age-by-Age Guide to Screen-Free Activities Your Child Can Do With Minimal Supervision

Handling Boredom: Why It's Good for Your Child

Supporting Your Child To Play Independently

01:47:41 Disha Trivedi: Reacted to "I agree Osk...it fee..." with ❤️

01:47:56 Heidi Whipple: Peter Gray

01:48:17 Heidi Whipple: <https://www.petergray.org/>

01:48:19 Ish G: His book: Free to Learn

01:48:30 Ósk Dagsdóttir: My younger sister has blue light glasses she uses all the time

01:48:31 Heidi Whipple: Reacted to "My younger sister ha..." with ❤️

01:48:43 Ish G: I have a kid like that who also has a delayed sleep but she says she reflects on her day. It helps her to go to bed early so she's falling asleep by the time I'd like her to

01:48:44 Rukkaiya Bello Aliyu: Peter Gray Play makes you human

01:48:55 Disha Trivedi: Replying to "Disha, does your dau..."

hmn..That's a great suggestion. I will definitely check out the setting.

01:49:04 Soma Mukherjee: How to manage differences among parents?

01:49:05 Marta Khader: Peter seems to also have a Substack:

<https://petergray.substack.com/>

01:49:15 Disha Trivedi: Replying to "Nature sounds help m..."

Thank you Phyllis I will give that a try!

01:49:19 Rukkaiya Bello Aliyu: Peter Gray's newsletter is Play Makes You Human he is on Substack

01:49:31 Marta Khader: Reacted to "Peter Gray's newslet..." with 👍

01:49:49 Disha Trivedi: Reacted to "My younger sister ha..." with ❤️

01:50:02 Disha Trivedi: Reacted to "I have a kid like th..." with ❤️

01:50:16 Louise Pealing: Reacted to "Peter Gray's newslet..." with 👍

01:53:02 Heidi Whipple: Sometimes the school library has activities for kids at lunchtime.

01:58:05 Heidi Whipple: Our school district has a policy that students are not allowed to use AI in their classes at any grade level. I don't know how common this is.

02:01:23 Heidi Whipple: I find it very frustrating that the school gives my child a computer, but I have no control over parental controls over it - the school does.

02:01:31 Meghan Howcroft: Reacted to "I find it very frust..." with 👍

02:02:51 Ish G: When I asked questions to the principal about Internet use and what the kids can access, I was able to bring up a conversation about using a web browser called Brave, as it doesn't allow any ads.

For other parents in this meeting too, you can use Brave on laptops or phones instead of default browsers, as it prevents all sorts of bad ads coming up, even on YouTube!

02:03:04 Heidi Whipple: Reacted to "When I asked questio..." with 👍

02:03:08 Marta Khader: Reacted to "When I asked questio..." with 👍

02:03:12 Disha Trivedi: Reacted to "When I asked questio..." with 👍

02:03:12 Dan Frank: Thank you!

02:03:30 Clara Roulev: thank you so much, Dr Laura!