



There is research that supports a link between heavy media use and health and behavior issues like:

- Obesity
- Sleep deprivation
- Academic challenges
- Aggression

The American Academy of Pediatrics (AAP), one of the only established organizations to make recommendations on screen time, advises parents that children under two-years-old should have no screen time. For older kids, the AAP discourages screen time beyond two to three hours a day.

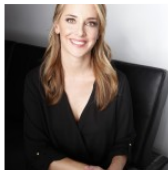
To protect children from the negative impact of technology, parents should consider creating a technology use schedule and adopting rules for the entire family. To gain control, I recommend a few initial steps:

1. Reduce the number of devices or screens kids are allowed to use
2. Determine guidelines on the types of online games or activities they can use
3. Preview programs they can watch and games they play
4. Set enforceable screen-time limits
5. Keep an open dialogue with your kids about the dangers and pitfalls
6. Include the whole family in conversation to determine household rules and consequences

Take time to learn what your children like watching and playing. Try to understand why they use the apps they are using and what shows and games they are interested in. Most children will go through periods of heavy and light media use. Parents need to focus on teaching the importance of balance and encouraging activities offline.

We know technology is ever changing with new apps, games and social media platforms being introduced almost every day. Setting limits and gaining control is not an easy undertaking, but there are resources available to parents that can help keep children safe and healthy. Before giving up on, learn what you can do to manage and monitor your kids' activities on their smartphones, game consoles, computers and tablets. It's never too late.

**About our guest writer:**



*Dr. Lisa Strohmman is a clinical psychologist who specializes in educating parents and children on the effects of technology overuse or addiction. Visit [technologywellnesscenter.com](http://technologywellnesscenter.com) to learn more and to take her proprietary Technology Use Continuum (TUC) assessment to gauge a child's risk for technology addiction or overuse. In addition to counseling, she hosts free educational seminars for parents and educators. To learn more visit [technologywellnesscenter.com](http://technologywellnesscenter.com).*

#### Scottsdale Psychologist Tackles Technology Addiction

*Free Seminar Identifies Four Major Areas of Impact*

*Wednesday, March 4<sup>th</sup>*

***\*\*\*Free seminar for parents on Wednesday, March 4th***

**WHAT:** Are your kids glued to their smart phones, hooked on their iPads or attached to their gaming devices? Dr. Lisa Strohmman, clinical psychologist and founder of Technology Wellness Center, is inviting the public to **Minimizing & Monitoring: Combating the Four Areas of Impact**. The seminar will focus on how technology overuse can impact a child's physical, emotional and behavioral well-being, and threaten interpersonal skill development. Dr. Lisa will provide tips for monitoring children's exposure to suitable content and offer tools to help manage and minimize screen time.

Dr. Lisa is an expert in technology wellness issues and is dedicated to providing resources to combat the social and emotional issues resulting from technology use.

**WHEN:** Wednesday, March 4th, 2015 9:30 – 10:30 AM

**WHERE:** LifeScape Medical Associates @ 8757 E. Bell Rd., Scottsdale, AZ 85260

**WHO:** The event is open to parents, educators and adults working with children.

**COST:** FREE to attend, but seating is limited. Attendees must register at [drlisaminimizingandmonitoring.eventbrite.com](http://drlisaminimizingandmonitoring.eventbrite.com).

**WEBSITE:** <http://technologywellnesscenter.com>

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