



NRFC Webinar Series
Tips for Fathers: Helping Children Manage Screen Time and the Online World
September 25, 2019
Helpful Resources

Resources for Practitioners and Fathers

- American Academy of Pediatrics
 - [Children and adolescents and digital media](#). (November 2016)
 - [American Academy of Pediatrics announces new recommendations for children's media use](#). (October 2016)
 - [Create your family media plan](#)
- BBC Parentland Podcast ["Should screen time be limited?"](#) (May 6, 2019)
 - Eric Rasmussen speaks from 24.11 for about 5 minutes.
- Brookings Institution
 - [Screen time for children: Good, bad, or it depends?](#) (February 6, 2019)
 - [Children need digital mentorship, not WHO's restrictions on screen time](#) (April 26, 2019)
- Child Find of America
 - [A few words about online safety](#)
- Common Sense Media
 - [The new normal: parents, teens, screens, and sleep in the United States](#) (2017)
 - [Short video on screen usage \(1:46\)](#)
 - [The common sense census: Media use by kids age zero to eight](#) (2017)
- The Gottman Institute
 - [Your teen needs you to be their digital mentor](#) (2017)
 - [Distracted while parenting? Here's how to be more attentive](#) (2018)
 - [ScreenTime: From tuning in to turning towards](#) (2019)
- Institute for Family Studies
 - [How do teens feel about screens?](#) (2019)
- Mayo Clinic
 - [Screen time and children: How to guide your child](#) (2019)
- National Responsible Fatherhood Clearinghouse
 - [Helping fathers manage their children's screen time: An information brief](#) (2019, forthcoming)
- Pew Research Center
 - [Teens who are constantly online are just as likely to socialize with their friends offline](#) (2018)
 - [How teens and parents navigate screen time and device distractions](#) (2018)
- Royal College of Paediatrics and Child Health, UK
 - [The health impacts of screen time: A fact sheet for parents](#) (2019)

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- World Health Organization
 - [To grow up healthy, children need to sit less and play more](#)
- Zero to Three: [Screen Sense Resources](#) including:
 - [What the research says about the impact of media on children aged 0-3 years old](#)
 - [Screen-use tips for parents of children under three](#)
 - [Young children and screens: Putting parents in the driver's seat](#)
 - [Five tips to make the most of video chats](#)

Books and other resources

- Brandon T. McDaniel and Jenny S. Radesky (2017). [Technoference: Parent distraction with technology and associations with child behavior problems](#)
- Jordan Shapiro (2018). [The new childhood: Raising kids to thrive in a connected world](#)
- Susan Stiffleman, Marriage and Family Therapist. [Parenting in the digital age teleseries](#)

Sources cited in Rebecca Parlakian's webinar slides

- Zero-to-Three screen sense resources: <https://www.zerotothree.org/screensense>
- Anderson, P. & Pempek, T. (2005). Television and very young children. *American Behavioral Scientist*, 48, 505-522.
- Barr, R. (2013). Memory constraints on infant learning from picture books, television, and touchscreens. *Child Development Perspectives*, 7, 205–210. doi: 10.1111/cdep.12041
- Barr, R., Lauricella, A., Zack, E., & Calvert, S. L. (2010). The relation between infant exposure to television and executive functioning, cognitive skills, and school readiness at age four. *Merrill Palmer Quarterly*, 56, 21–48.
- Barr, R., Zack, E., Muentener, P., & Garcia, A. (2008). Infants' attention and responsiveness to television increases with prior exposure and parental interaction. *Infancy*, 13, 3–56. doi: 10.1080/15250000701779378.
- Barnett, S. M. & Ceci, S. J. (2002). When and where do we apply what we learn? A taxonomy for far transfer. *Psychological Bulletin*, 128(4), 612-637.
- Connell, S. L., Lauricella, A. R., & Wartella, E. (2015). Parental co-use of media technology with their young children in the USA. *Journal of Children and Media*, 9(10), 1-17.
- Fidler, A., Zack, E., & Barr, R. (2010). Television viewing patterns in 6- to 18-month-olds: The role of caregiver infant interactional quality. *Infancy*, 15, 176–196. doi: 10.1111/j.1532-7078.2009.00013.x
- Guernsey, L. (2012). *Screen Time: How electronic media—from baby videos to educational software—affects your young child*. New York, NY: Basic Books.
- Hirsh-Pasek, K., Zosh, J., Golinkoff, R., Gray, J., Robb, M., & Kaufman, J., (2015). Putting “education” in educational apps: Lessons from the science of learning. *Psychological Science in the Public Interest*, 16, 3-34.
- McDaniel, B. T. and Radesky, J. S. (2018). Technoference: Parent distraction with technology and associations with child behavior problems. *Child Development*, 89, 100-109. doi:10.1111/cdev.12822
- Morgan, K., & Hayne H. (2006). The effect of encoding time on retention by infants and young children. *Infant Behavior & Development*. 29: 599-602. PMID [17138314](#) DOI: [10.1016/j.infbeh.2006.07.009](#)

- Radesky, J. S., Kistin, C. J., Zuckerman, B., Nitzberg, K., Gross, J., Kaplan-Sanoff, M., Silverstein, M. (2014). Patterns of mobile device use by caregivers and children during meals in fast food restaurants. *Pediatrics*, 133. <https://pediatrics.aappublications.org/content/133/4/e843>
- Rideout, V. (2013). *Zero to eight: Children's media use in America*. San Francisco, CA: Common Sense Media. Retrieved from <https://www.commonsensemedia.org/file/zero-to-eight-2013pdf-0/download>
- Zack, E. & Barr, R. (2016). The role of interactional quality in learning from touch screens during Infancy: Context matters. *Frontiers in Psychology* 7: 1264. <http://dx.doi.org/10.3389/fpsyg.2016.01264>

Sources cited in Eric Rasmussen's webinar slides

U.S. Children's Media Exposure

- Rideout, V. (2015). *The common sense census: Media use by tweens and teens*.
- Rideout, V. (2017). *The common sense census: Media use by kids age zero to eight*.

Good Influences of Media:

- *Daniel Tiger research*: Rasmussen, E. E., Shafer, A., Colwell, M. J., White, S. R., Punyanunt-Carter, N., Densley, R. L., & Wright, H. (2016). Relation between active mediation, exposure to Daniel Tiger's Neighborhood and U.S. preschoolers' social and emotional development. *Journal of Children and Media*, 10, 443-461.
- *Daniel Tiger research*: Rasmussen, E. E., Strouse, G. A., Colwell, M. J., Russo, C., Holiday, S., Brady, K., Flores, I., Troseth, G., Wright, H., Densley, R., & Norman, M. (2019). Promoting preschoolers' emotional competence through prosocial TV and mobile app use. *Media Psychology*, 22, 1-22.
- *Arthur research*: Cingel, D. & Krcmar, M. (2017). Prosocial television, preschool children's moral judgments, and moral reasoning: The role of social moral intuitions and perspective-taking. *Communication Research* <https://journals.sagepub.com/doi/full/10.1177/0093650217733846>
- *Peg+Cat research*: <https://www.sri.com/newsroom/press-releases/research-shows-early-math-improvement-home-use-pbs-kids-series-peg-cat>
- *Sesame Street research*: Rice, M. L., Huston, A. C., Truglio, R., & Wright, J. C. (1990). Words from "Sesame Street": Learning vocabulary while viewing. *Developmental Psychology*, 26(3), 421-428. <http://dx.doi.org/10.1037/0012-1649.26.3.421>

Bad Influences of Media

Violence:

- Christensen, P. N., & Wood, W. (2007). Effects of media violence on viewers' aggression in unconstrained social situations. In R. W. Preiss, B. M. Gayle, N. Burrell, M. Allen, & J. Bryant (Eds.), *Mass media effects research: Advances through meta-analysis* (pp 145-168). Mahwah, NJ: Lawrence Erlbaum.
- Bushman, B. J., Huesmann, L. R., & Whitaker, J. L. (2009). Violent media effects. In R. L. Nabi & M. B. Oliver (Eds.), *Media processes and effects* (pp. 361-376). Thousand Oaks, CA: Sage.

Sexual content:

- Delgado, H. Austin, S. B., Rich, M. & Bickham, D. (2009, May 4). Exposure to adult-targeted television and movies during childhood increases risk of initiation of early intercourse [Abstract]. Presented at the Pediatric Academic Societies meeting, Baltimore, MD.

- Chandra, A., Martino, S. C., Collins, R. L., Elliott, M. N., Berry, S. H., Kanouse, D. E., & Miu, A. (2008). Does watching sex on television predict teen pregnancy? Findings from a national longitudinal survey of youth. *Pediatrics*, 122, 1047-1054.

Substance use:

- Wellman, R. J., Sugarman, D. B., DiFranza, J., & Winickoff, J. P. (2006). The extent to which tobacco marketing and tobacco use in films contribute to children's use of tobacco. *Archives of Pediatrics and Adolescent Medicine*, 160, 1285-1296.
- Gordon, R., MacKintosh, A. M., & Moodie, C. (2010). The impact of alcohol marketing on youth drinking behavior: A two-stage cohort study. *Alcohol and Alcoholism*, 45, 470-480.

Advertising:

- Buijzen, M. & Valkenburg, P.M. (2003). The unintended effects of television advertising. *Communication Research*, 30, 483-503.
- Institute of Medicine. (2006). *Food marketing to children and youth: Threat or opportunity?* Washington, DC: National Academies Press.

Internet/social media:

- Chen, L., Ho, S. S., & Lwin, M. O. (2017). A meta-analysis of factors predicting cyberbullying perpetration and victimization: from the social cognitive and media effects approach. *New Media & Society*, 19, 1194-1213.
- Sampasa-Kanyinga, H., & Lewis, R. F. (2015). Frequent use of social networking sites is associated with poor psychological functioning among children and adolescents. *Cyberpsychology, Behavior, and Social Networking*, 18.

Other:

- Strasburger, V. C., Wilson, B. J., & Jordan, A. B. (2014). *Children, adolescents, and the media* (3rd edition). Thousand Oaks, CA: Sage.

References from Eric's "Tips for Fathers" slides**Tip 1: Change your own media habits**

- Parents' media use as strongest predictor of children's media use: Alexis Lauricella, Ellen Wartella, and Victoria Rideout, "Young children's screen time: The complex role of parent and child factors," *Journal of Applied Developmental Psychology* 36, (2015), 11-17.

Tip 3: Set media rules the right way

- Explaining why, and supporting autonomy: Patti Valkenburg, Jessica Piotrowski, Jo Hermanns, and Rebecca de Leeuw, "Developing and validating the perceived parental media mediation scale: A self-determination perspective," *Human Communication Research* 39, no. 4 (2013), 445-469.
- Rules can backfire for older kids: White, S. R., Rasmussen, E. E., & King, A. (2015). Restrictive mediation and unintended effects: Serial multiple mediation analysis explaining the role of reactance in U.S. adolescents. *Journal of Children and Media*, 9, 510-527.

Tip 4: Use media together purposefully

- Coviewing effects, changes brain-body connection: Rasmussen, E. E., Keene, J. R., Berke, C. K., Densley, R. L. & , Loof, T. (2017). Explaining parental coviewing: The role of social facilitation and arousal. *Communication Monographs*, 3, 365-384.
- Parent-child connectedness: Coyne, S. M., Padilla-Walker, L. M., Stockdate, L., & Day, R. D. (2011). Game on...girls: associations between co-playing video games and adolescent behavioral and family outcomes. *Journal of Adolescent Health*.