

# APPENDIX S

## The 3 Ss



# Remember the "3 S's"



Screen-time Scholar, Ana Homayoun, suggests that we as parents focus on Socialization (Relationships), Self-Regulation (aka Self-Control), and Safety to thrive in Wonderland!

### How is screen-time affecting relationships?



One of the most important metrics to help guide our use of screen-time is the quality of our relationships. What is a high quality relationship? High quality relationships are abundant in trust and commitment. Take a moment to review (as a family) the levels of trust and commitment.

Are trust levels high? Are commitment levels high? If the answer is "yes," then screen-time is going well. If the answer is "no," then screen-time is starting to be a problem.

### How is screen-time affecting our self-control?



Self-regulation is all about managing our impulses and solving problems in the moment. Take a moment (as a family) to review and rate levels of impulse control. Can we filter our impulses? Can we control them? If the answer is "yes," then screen-time is going well. If the answer is "no," then screen-time is NOT a safe place.

### How is screen-time affecting our safety?



Privacy, cyber-bullying, and identity theft aren't just crazy plots from a movie--they're real issues. As a family, take some time to review how safe each family member is when using screens, the internet, or texting.

Think of Wonderland like a park or playground. Take the same precautions online as you would there: 1) Survey the surroundings, 2) get to know with whom your child is playing, 3) set time limits before going.

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