



# Families & Technology

**PRACTICAL WAYS OF MANAGING SCREEN TIME IN YOUR HOME**



Seventh-day  
Adventist Church™

*Trans Pacific*



## PRACTICAL WAYS OF MANAGING SCREEN TIME IN YOUR HOME

The fact is that our children are spending so much time using Technology. Too much screen time can limit their logical development. While there are positive qualities of using technology, there are also negative impacts of technology.

So as parents we need to understand that the battle with technology is not just a physical one but it is also very much a Spiritual battle. Satan knows that our children are precious to us and to God and so he will do whatever it takes to capture their attention and their hearts, so we must keep in mind that the issue with managing technology, screen time and social media is also another of Spiritual warfare. The battle is not with your child, it is with the enemy.

**1 Peter 5:8 “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”**



Satan is active and ready, looking for parents and children so that he can grab them in his tentacles and get them engaged. However parents, don't despair.

You are not fighting this battle alone.

God is with us and with Him all things are possible.

### **1. Commit to praying at the same time every day, specifically about managing screen time in your home.**

Speak to God about it. Do it at the same time as a family. Have Intentional specific prayers about it. Have your family committed to this.

*For Example, your family can agree on a specific time like 2:00pm in the day or any time convenient to you to pray for God to give you all the strength to manage your screen time at home. Ask God to help you overcome the addictions with phones.*

## 2. Increase your awareness of the dangers on line.

Yes! Technology makes work easier and you have everything there, however there are dangers – some of those will include on line creditors, Cyber bullying, sextists, and access to dark and distractive things like pornography. The more time they spend online, there is high chance that they will experience depression and anxiety so we should be monitoring our children. You can do this when you are having your meals around the table. Talk openly to your children about the dangers on line.



## 3. Parents need to make a more intentional effort to connect with their children or teens daily.

**We must remember that Principles and Values are caught more so than they are taught.**

*a] We as parents need to make a more intentional effort to connect with our children every day. We must model Social media habits and Healthy technology use.*

*b] Even before Covid19 we were already living in the ages of parenting. We have the opportunity to reflect and make necessary changes that we must make. This changes are very crucial because they will make the difference between what happens to our children in the days ahead and as they go away to college and become adults. We as parents need to provide our children with a Healthy Legacy.*

*c] When parents set healthy boundaries around their own phone, their children will develop a connectedness, a strong relationship with them and their connection will make it easy to discuss screen time. Your children will need your time and interaction as parents. You have a short time to connect with them.*

## 4. Develop a Family media plan.

Technology should work within your family values and parenting values.

- a. When they are used properly and appropriately, they can enhance daily Life. But when used inappropriately, media can displace many activities that takes the place of meeting face to face, family bonding time, outdoor play Exercise and needed sleep.
- b. When you develop a family media plan, you can be aware that you are using media to achieve your purpose but this requires parents and children to think about what they want those purposes to be, so talk with your kids.
- c. Spend time together, have fun because when you do that you will find it easy to have those conversations. The more they feel connected to you the easier it will be for them to bear attention to what you are trying to communicate to them each day.
- d. Always keep in mind that children haven't fully developed their executive functions, part of their brain that allows them to manage their emotions and attentions, this means that our children are relying on us parents to provide guidance as well as new ways of learning and living. So while boundaries and limits are reached through consensus, they are times when kids just really need us, parents to set those limits.



**So parents don't be afraid to be parents, our kids need our guidance, our support, our leadership and so we need not to be afraid to provide that. Integrate into this plan your values. How much time you want to spend on the screen and how much time together.**

## **5. Make sure that Dinner time are a Sanctified moment.**

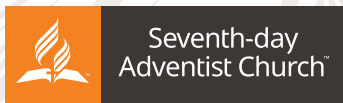
The most important thing that parents can do is to stay more connected to God.

*2 Timothy 1:7 "For God has not given us a Spirit of fear, but of power and of love and of a sound mind."*

As parents don't be afraid. Trust God for power, for Love and a sound mind to be the kind of parent that will provide children with good values, self-control that will help keep them safe. God wants your children to be safe, you want your children to be safe. When they learn these boundaries and practice them because you are one with them, your home will be a happier, Healthier and a more connected place where God will be honored and His love will be reflected in your everyday interactions with one another as parents and children.



***Let's keep Praying and looking out for each other!***



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