

February 2, 2020

# CONFUSED 1 : PARENTING IN THE DIGITAL AGE ?

## RAISING CHILDREN IN AN AGE OF INFORMATION

HealthyChildren.org (The American Academy of Pediatrics) Offers some great online help:

How to make a Use Plan

Positives and negatives of screen time – current and future impact on children

How do we raise children in an age of information and technology?

**Allison Slater Tate**, a writer for the Washing Post.

A recent article: *PARENTING AS A GEN-Xer: THE FIRST GENERATION OF PARENTS IN THE AGE OF iEVERYTHING*

*My generation, it seems, had the last of the truly low-tech childhoods, and now we are among the first of the truly high-tech parents...*

*When it comes to parenting, I find this middle place extremely uncomfortable, because I know what childhood and*

*adolescence were like before the internet, but all my parenting models came from that era...*

*Technology wins the prize for being the trickiest parenting challenge I have faced...*

*To summarize – What we are doing is unprecedented – no study yet knows exactly what this iChildhood will look like when our children are full grown people.*

So,

1. we have no proven answers to the questions parents have on this issue;
2. And, the questions are evolving faster than the researchers can respond.

[seek a panel youth and children]

**Dr Richard Freed** (a psychologist & author) is a leader in the field of parenting in the digital age.

He emphasizes that the essence of healthy childhood is found in children whose lives center around family and school (I.e. “Personal support and valid community experiences”)

Here are basic guidelines from this field of researchers:

**Set up a plan for moderation** – Parents should be the ultimate model

- a. Limit time according to age
- b. Use parental controls on all devices
  - i. Seek advise from the front-line people who are working on behalf of parents
- c. [www.pewresearch.org/internet](http://www.pewresearch.org/internet) search for “how teens and parents navigate screen time.

### **Encourage helpful usage**

“Let’s discover together”

Putting “real time” in Screen Time

### **Monitor Activity (accountability)**

- a. Open space use only
- b. Use available apps
  - i. Covenant Eyes | Accountable2You

**Godly Guidance** – for parents who want to know:

**Your Role as Parent is of Great Importance – A Sacred Journey**

Luke 17:2

“Jesus said to his disciples: “Things that cause people to stumble are bound to come, but woe to anyone through whom they come. It would be better for them to be thrown into the sea with a millstone tied around their neck than to cause one of these little ones to stumble. So watch yourselves.”

**Endure** – Embrace every opportunity to grow

Colossians 1:11 “We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy,”

**Loving like Jesus’ etches the evidence of truth and hope on hearts**

2 Corinthians 3:3 (Paul says to the church)

“You yourselves are our letter, written on our hearts, known and read by everyone. You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.”

**Speak with Care for the Heart**

Proverbs 18:1

“The tongue has the power of life and death,…”

## **Seek the Wisdom of God**

Proverbs 8:1-3

“Does not wisdom call out? Does not understanding raise her voice? At the highest point along the way, where the paths meet, she takes her stand; beside the gate leading into the city, at the entrance, she cries aloud:”

James 1:5

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

## **Know the Real Enemy**

Ephesians 6:12-18 msg

“And that about wraps it up. God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels.

Be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it’s all over but the shouting you’ll still be on your feet.

Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You’ll need them throughout your

life. God's Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out."

#### Important Takeaway:

1. God's Word is indispensable
2. Pray Hard and long
3. Keep Your Eyes Open
4. Help others Through the process

#### Resources:

1. <https://www.becomingminimalist.com/ikids/>
2. <https://www.healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx> (from American Academy of Pediatrics)
3. <https://www.yourtango.com/experts/dr-sheryl-ziegler/how-raise-unspoiled-children-affluence>
4. [www.pewresearch.org/internet](http://www.pewresearch.org/internet)
5. Bible App for Kids by Life.Church (YouVersion)
6. Bible by Life.Church (YouVersion)
7. Bible Gateway by HarperCollins Christian Publishing, Inc.
8. Covenant Eyes accountability app
9. Accountable2You accountability app