



# CONCERNS ABOUT SCREEN TIME

CARMEL CENTRAL SCHOOL DISTRICT

SEPTEMBER 2020

# AGENDA

- Increasing duration and attention to screens
- Organizing the day for virtual learning
- Taking screen breaks
- Limiting total screen time
- Effects of excessive screen time

# INCREASING DURATION AND ATTENTION TO SCREENS

## ■ CONDITIONING

- Add value to sitting in front of the screen
- Allow the student to access a fidget toy while watching instruction
- Provide high-fives, thumbs-up, or deep pressure while watching instruction
- Deliver small edible (food) or tangible (stickers, tokens, check marks) rewards when engaging in instruction

## ■ PREMACK PRINCIPLE

- First/then: allow access to a preferred activity or item following sessions on screens
- Snacks, breaks, video games, play or dance time

# ORGANIZING THE DAY FOR VIRTUAL LEARNING

- Establish a schedule for each day
- Prepare a list of online learning sessions
- Have the login information for each session available
- Use a list format for readers
- Use pictures for non-readers
- Change the schedule daily or as needed
- Schedule changes may cause minor upset, but it's generally less upsetting to see the change beforehand rather than have it "sprung on" the child mid-day

# TAKING SCREEN BREAKS

- Determine the duration of screen time your child is able to stand
- Allow for a screen break BEFORE the period that your child can stand
- For example, if your child is able to stand 30 minutes of sustained attention, provide a brief break at the 20 minute mark
- Many teachers are building screen breaks into their schedules
- You may need to alert a teacher if the student is scheduled for multiple sessions back-to-back. It may be necessary to request a screen break.

# LIMITING TOTAL SCREEN TIME

- It can be helpful to limit total screen time.
- This may mean using tablets, computers, and TVs less for leisure time
- Reserve screen time for instructional activities

# EFFECTS OF EXCESSIVE SCREEN TIME

- Some families report that excessive screen time can lead to any or all of the following
- Difficulty concentrating
- Difficulty sleeping
- Less energy for physical activities
- Increased challenging behavior
- More likely to argue or engage in disrespect





# THANK YOU

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