

Mental Health Memo

Helping Your Child Manage Digital Technology



The level of digital technology use during the pandemic has significantly increased for most people, including our children/youth. In addition to online learning, digital technology has helped us to stay connected with family and friends and to engage in some recreational activities. Understandably, parents and caregivers have tended to relax family rules around screen time due to the limited options for face-to-face interaction and outdoor activities. Unfortunately, for some students, the tremendous increase in use has had a negative impact on their mental health and well-being. Some students may be experiencing problems related to, or worsened by, their use of digital technology.

If you are concerned with the amount of time your child/youth is spending on their screens:

- Model healthy digital technology use and a range of ways of coping with stress (e.g., physical activity, time in nature, art, meeting up with friends).
- Use the return to school routines as a way to naturally taper off excessive digital technology use.
- Collaborate with your child around setting structured rules and consequences regarding screen use.
- Encourage and support face-to-face contact with friends and family, as COVID-19 restrictions allow.
- Understand what needs are being met through digital technology and work to find physical world outlets to address these needs.

Click on the link to see the entire article [Helping Your Child Manage Digital Technology](#)

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com