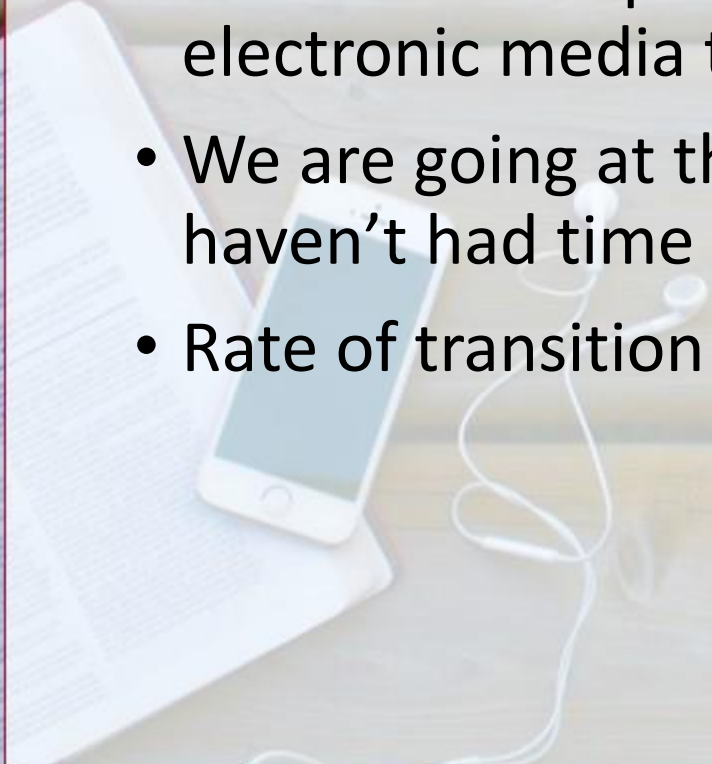


An open book with text on its pages is positioned on the left side of the image. Next to it is a white smartphone with a blue screen. A pair of white earbuds with a coiled cord lies between the phone and the book. The entire scene is set against a background of horizontal wooden planks.

*Faith*  
and  
**Technology**

***“Train up a child”***

- “Did I really spend a fortune on an iPad so my kids could watch other kids play with toys on YouTube?”
  - What is the impact of the myriad ways to consume electronic media these days?
  - We are going at this more or less blind as we haven't had time to study the impacts
  - Rate of transition is incredible
- 

# Faith & Technology

- Impacts of consumption on kids
- Impacts of consumption on adults
- <https://www.common sense media.org/device-free-dinner>



## The Common Sense Census: Media Use by Kids Aged Zero to Eight findings:

- Children overwhelmingly prefer paper books over digital.
- Kids age 8 and under spend an average of 2 hours and 19 minutes a day with screen media, roughly the same as in prior years.
- TV - 58 minutes a day; mobile to 48 minutes a day in 2017.
- More families now subscribe to Netflix and Hulu than pay for cable TV.
- Virtual reality headsets and voice-activated assistant devices can be found in roughly one in 10 homes with young children.

# Faith & Technology

- Mobile device use is more individual, immersive, and on-demand, and it influences interpersonal dynamics differently and can be harder to break yourself (or your child) away from. For these reasons, parents describe it as more difficult to mediate and manage... parents and children are more and more feeling overwhelmed or engaging in heavy or inappropriate media use in the context of obesity, sleep problems, executive functioning, or strained relationships (Dr. Jenny Radesky, essay in response to the Census)

- Jesus and Paul – using tools around them for their various goals
- Devices and tools and toys have the propensity to bring us down, distract us, become the object of our affection rather than facilitating our affection; or they enable us to serve others, train our children well, engage in ministry.
- Ps. 119 – immersion, saturation



# Faith & Technology

- Deut. 6: ***“Now this is the commandment—the statutes and the rules—that the LORD your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, <sup>2</sup> that you may fear the LORD your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. <sup>3</sup> Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the LORD, the God of your fathers, has promised you, in a land flowing with milk and honey.*”**

# Faith & Technology

- **<sup>4</sup> “Hear, O Israel: The LORD our God, the LORD is one<sup>1</sup> <sup>5</sup> You shall love the LORD your God with all your heart and with all your soul and with all your might. <sup>6</sup> And these words that I command you today shall be on your heart. <sup>7</sup> You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup> You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup> You shall write them on the doorposts of your house and on your gates.**



# Faith & Technology

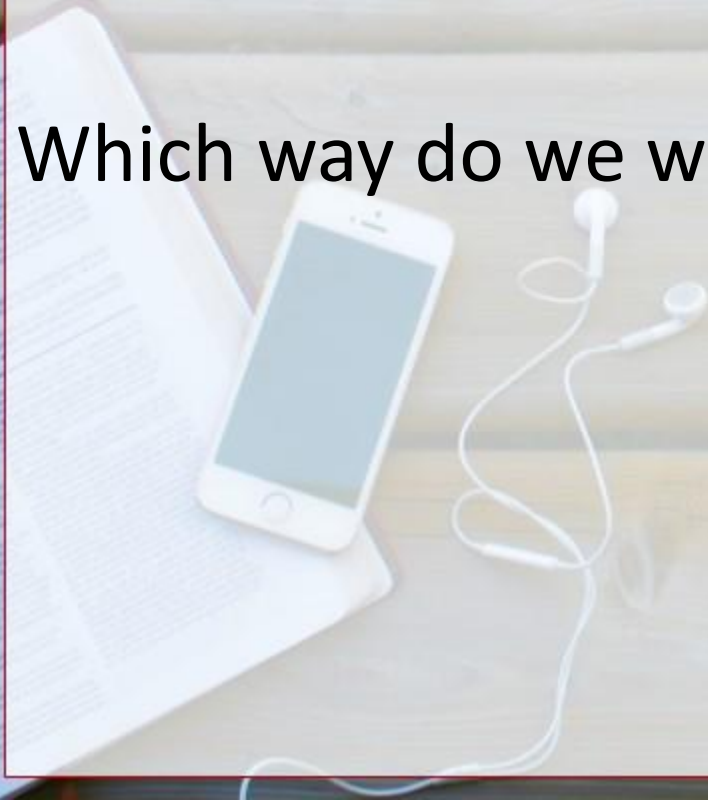
- <sup>10</sup> ***“And when the LORD your God brings you into the land that he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you—with great and good cities that you did not build, <sup>11</sup> and houses full of all good things that you did not fill, and cisterns that you did not dig, and vineyards and olive trees that you did not plant—and when you eat and are full, <sup>12</sup> then take care lest you forget the LORD, who brought you out of the land of Egypt, out of the house of slavery. <sup>13</sup> It is the LORD your God you shall fear. Him you shall serve and by his name you shall swear.*”**

# Faith & Technology

Proverbs 22: (ESV)

***6 Train up a child in the way he should go;  
even when he is old he will not depart from it.***

Which way do we want them to go?



Brain development in infants.

- Neurogenesis
- Connections rapidly accelerate based on experience and need
- Stimulation and experience are essential for making this wiring process happen
- Synaptic pruning
- Infants that are under-stimulated, such as those exposed to mistreatment or deprivation, show cognitive and perceptual deficits.

# Faith & Technology

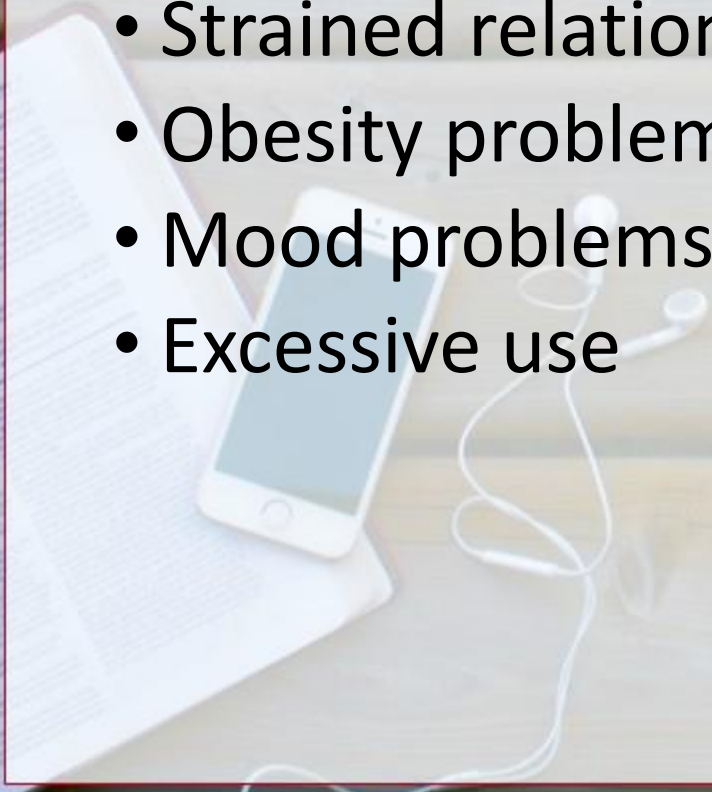
- Brain development depends on experiencing certain ordinary events, like opportunities to hear language, see the world, touch objects, and explore the environment.
- Experience-dependent development is where connections are made in response to learning experience.
- Undergirding all of this is sleep, which is essential for body and brain development
- What an infant or a child is exposed to throughout development strengthens the connections and focuses the connecting.
- Being intentional

# *Faith & Technology*

- Emotional Development
  - Tends to occur in the context of undivided attention and reliable patterns in the parent.
  - Warm and supportive interactions with parents and caregivers can help them understand their emotions and how to manage them.
  - Responsive parenting that is attuned to infants needs helps them develop skills of emotional regulation, especially for negative emotions like anxiety.

# *Faith & Technology*

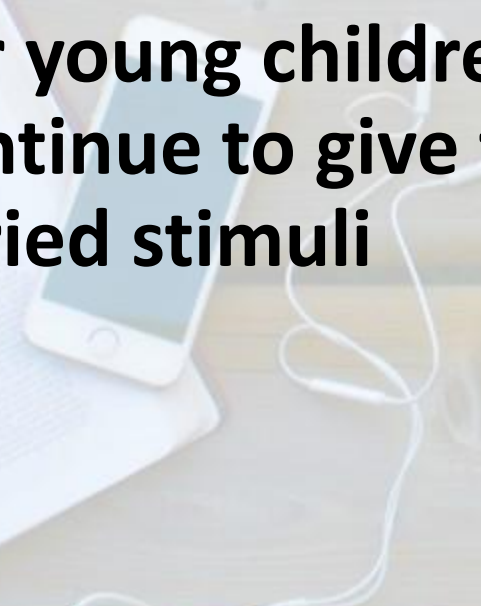
- Warning Signs
  - Sleep problems
  - Behavioral problems
  - Strained relationships
  - Obesity problems
  - Mood problems
  - Excessive use



- Distracted Parenting

### Parenting Styles

- **Authoritarian** - high on behavioral control and obedience, low on warmth and sensitivity to needs.
- **Permissive** - make few demands on children and see themselves as a resource for the kids to make use of or not.
- **Authoritative** - warm and sensitive to a child's needs, as well as firm in expectations around conforming to behavior standards.
- **Uninvolved** focus on their own needs rather than the needs of the child. Provide little support and warmth, often not noticing the child's need for affection or attention. Also exert little control over them, not noticing their need for direction.

- That it is still the interaction with parents that is primary
  - Educational programming has been demonstrated to be beneficial to kids
  - Non-educational, shows meant for general audiences, those associated with violence
  - For young children and toddlers, it is important to continue to give them varied experiences and varied stimuli
- 



- **Creativity and ideas tend to happen in the gaps between active participation with something – so don't discredit boredom**
- **As kids grow, combine parental interaction with learnings from videos or interactive games**
- **For all children, and adults too, be careful how much screen exposure happens in the evening/night time.**
- **Video games – what about real life problems?**
- **Young people and the link between mental health and social media use.**

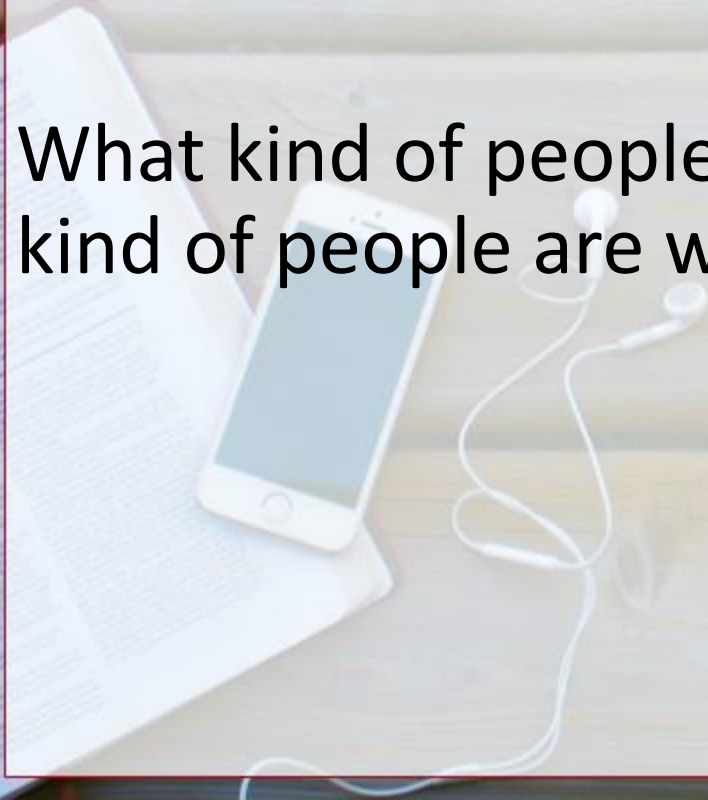
### • Safety

- Get “Screen Time”
- Google Play Store -...
- Get a router like the Google router that lets you control the internet in your house. –
- Enable parental controls on devices and games –  
[www.internetmatters.org](http://www.internetmatters.org)
- Don't allow devices in private spaces
- Lots of good research on  
<https://www.common sense media.org/research/the-common-sense-census-media-use-by-kids-age-zero-to-eight-2017>

Proverbs 22: (ESV)

***6 Train up a child in the way he should go;  
even when he is old he will not depart from it.***

What kind of people do we want kids to be – what kind of people are we modeling to them?



- Canada Pediatrician Recommendations:  
<http://www.cbc.ca/news/health/screen-time-preschool-1.4140491>  
[http://www.caringforkids.cps.ca/handouts/promote\\_good\\_television\\_habits](http://www.caringforkids.cps.ca/handouts/promote_good_television_habits)  
[http://www.caringforkids.cps.ca/handouts/social\\_media](http://www.caringforkids.cps.ca/handouts/social_media)
- Media Smart Recommendations  
<http://mediasmarts.ca/blog/what-every-parent-should-know-about-screen-time-expert-advice>  
<https://www.nature.com/articles/srep46104> - touch screen use and delayed/decreased sleep in infants and toddlers
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2016.01108/full> - touch screen use and fine motor development
- <https://www.psychologicalscience.org/publications/observer/obsonline/toddlers-and-touchscreens-a-science-in-development.html>
- [https://www.ted.com/talks/sara\\_dewitt\\_3\\_fears\\_about\\_screen\\_time\\_for\\_kids\\_and\\_why\\_they\\_re\\_not\\_true](https://www.ted.com/talks/sara_dewitt_3_fears_about_screen_time_for_kids_and_why_they_re_not_true)
- [https://www.ted.com/talks/helen\\_pearson\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_human\\_development](https://www.ted.com/talks/helen_pearson_lessons_from_the_longest_study_on_human_development)
- <http://time.com/4979362/kids-smartphones-rules-parents-tips/> - 5 rules for balance
- <http://time.com/4168688/cell-phone-distracted-parenting-can-have-long-term-consequences-study/> - animal study on competition for parental attention
- [www.internetmatters.org](http://www.internetmatters.org)
- [commonsensemedia.org](http://commonsensemedia.org)
- [https://www.common sense media.org/sites/default/files/uploads/research/0-8\\_executivesummary\\_release\\_final\\_1.pdf](https://www.common sense media.org/sites/default/files/uploads/research/0-8_executivesummary_release_final_1.pdf) - study looking at amount of time kids are on screens from 2011-2017 in America
- Gordon Neufled, "Hold onto your kids: Why parents need to matter more than peers"