

COUNSELING CONNECTION



DECEMBER'S NEWSLETTER LESS TECHNOLOGY, MORE FAMILY TIME

BPA Student Support & Services

What Does it Mean to Have Family Time?

Family time is necessary to create strong bonds that include love, connections, and relationship among the family members. Spending quality time with your family is needed to help children with challenges, have them feel secure, and help instill family values.

Fun family activities that can be done without technology are the following:

- Museum trip
- Cook together
- Go to the beach
- Play board games
- Have a treasure hunt
- Dance to music
- Family picnic
- Family trip/ staycation

Negative Impact of Technology on Family Dynamics

Technology plays a major role in hindering family relationships. It profoundly affects the family by decreasing family time, reducing socialization, and face-to-face interaction.

How to manage screen time for your family

- Show healthy use of technology
- Educate yourself on how to use the technology
- Manage child's devices
- Explain why screen time needs to be limited
- Create a child's lock on devices
- Have the child participate in other fun activities

