

Suggestions for Parents to Improve Screen Media Use

- Have teens help pay for smartphones and data costs, with suspension of service for misuse
- Initiate device-free family times (parents must agree to put away their own devices as well)
- Turn off Wi-Fi in the home at a reasonable hour
- Apply established consequences for screen media misuse
- Encourage a family rule of removing devices from the bedroom for the night, even stopping use as much as 2 hours before bedtime to improve sleep hygiene

From the full article:
"Screen Media and Mental Health Risks" by **Mary G. Burke, MD**,
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