

# COURSE AND TRAINING

## Balancing between parenting and work in the digital age (day 6)



# TODAY'S TOPICS

- **PARENTING IN THE DIGITAL AGE**
- **THE CHALLENGES OF PARENTAL RESPONSIBILITY IN COMPARATIVE PERSPECTIVE**
- **HOW TO BALANCE PARENTING AND WORK IN THE DIGITAL AGE**
- **CHALLENGES OF PARENTAL RESPONSIBILITY IN THE DIGITAL AGE: A GLOBAL PERSPECTIVE UNICEF**



# PARENTING IN THE DIGITAL AGE

- PARENTING IS TOUGH, THE PAY IS HORRIBLE, AND YOU BASICALLY GET ONE SHOT AT DOING IT RIGHT. AND THAT WAS BEFORE THE INVENTION OF THE SMARTPHONE. THAT LITTLE GO-EVERYWHERE, ALWAYS-CONNECTED DEVICE MAKES RAISING KIDS EVEN MORE CHALLENGING.
- WHILE PARENTING IS NOT FOR THE WEAK-HEARTED, CONSIDER WHAT IT MUST BE LIKE TO BE A TEEN TODAY. YOUR YOUNG BRAIN IS ALL WIRED AND READY TO TEST BOUNDARIES, CONNECT WITH PEERS, AND MAKE POOR DECISIONS WITHOUT A CARE FOR LONG-TERM CONSEQUENCES—AND YOU’VE GOT THAT VERY SAME SMARTPHONE IN YOUR POSSESSION. IT ALMOST SEEMS UNFAIR. ANY KID WHO CAN SURVIVE MODERN ADOLESCENCE WITHOUT SUFFERING A DIGITAL MISHAP SHOULD WIN AN OLYMPIC MEDAL.

# IS THE MASSIVE PRESSURE OF CONSTANT CONNECTIVITY GETTING TO OUR KIDS?

- A STUDY IN THE JOURNAL OF ABNORMAL PSYCHOLOGY ASSERTS THAT TEEN DEPRESSION HAS INCREASED BY MORE THAN 60% BETWEEN 2009 AND 2017. FOR CHILDREN AGED 12 TO 13, DEPRESSION RATES INCREASED BY 47%. RESEARCHERS NOTED THE SAME UPWARD TREND IN SUICIDES, ATTEMPTED SUICIDES, AND SERIOUS PSYCHOLOGICAL DISTRESS AMONGST YOUTH TOO.
- WHILE UNABLE TO CLEARLY PINPOINT THE CAUSE OF THIS ADOLESCENT DISTRESS, IN THEIR SUMMARY THE STUDY'S AUTHORS CALL FOR "MORE RESEARCH TO UNDERSTAND THE ROLE OF FACTORS SUCH AS TECHNOLOGY AND DIGITAL MEDIA USE."



## IS THE MASSIVE PRESSURE OF CONSTANT CONNECTIVITY GETTING TO OUR KIDS? (2)

- IF KIDS DON'T GET THE HELP THEY NEED, FROM THEIR PARENTS AND THEIR SCHOOLS, THEN THOSE RISING DEPRESSION RATES MAY BE OUR FAULT. NOT TECHNOLOGY'S.
- IT'S EASY TO BLAME ADOLESCENT ANGST ON TECHNOLOGY. AFTER ALL, THE SUDDENNESS OF TECHNOLOGY'S SHEER UBIQUITY MAKES IT THE OBVIOUS CULPRIT. BUT ISN'T IT ALSO POSSIBLE THAT TECHNOLOGY JUST AMPLIFIES ALL OF THE WORLD'S OTHER PROBLEMS—LIKE CLIMATE CHANGE, GUN VIOLENCE, THE DIFFICULTY OF GETTING INTO COLLEGE, AND MORE? PLUS, TECHNOLOGY PROVIDES YOUTH A PLACE TO ESCAPE FROM THESE PROBLEMS AND TO COMMISERATE WITH PEERS. IT'S COMPLEX AND THERE'S STILL A LOT WE DON'T KNOW.

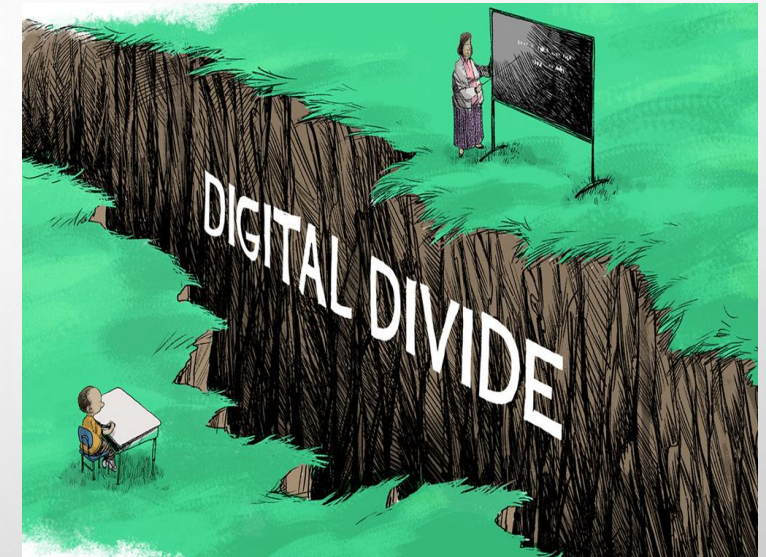
# THE CHALLENGES OF PARENTAL RESPONSIBILITY IN COMPARATIVE PERSPECTIVE

- CHALLENGES OF PARENTAL RESPONSIBILITY IN THE DIGITAL AGE: A GLOBAL PERSPECTIVE:
- CHILDREN EVERYWHERE ARE GAINING ACCESS TO THE INTERNET – MOST OFTEN VIA A MOBILE PHONE. IN MANY PLACES, TOO, PARENTS ARE FEELING CHALLENGED IN THEIR COMPETENCE, ROLE AND AUTHORITY. DISTINCTIVELY, INTERNET ACCESS IS BRINGING CHILDREN ACCESS ALSO TO VALUED SOURCES OF KNOWLEDGE AND CONNECTION THAT THEIR PARENTS MAY LACK. HOW ARE PARENTS RESPONDING?



# A DIGITAL PARENTING DIVIDE

- RESEARCH IN HIGH INCOME COUNTRIES POINTS TO A SHIFT AWAY FROM RESTRICTIVE FORMS OF PARENTAL MEDIATION SUCH AS BANNING THE TECHNOLOGY OR TELLING THEIR CHILDREN OFF WHEN A PROBLEM OCCURS.
- INSTEAD, IT SEEMS PARENTS ARE INCREASINGLY USING ENABLING FORMS OF MEDIATION SUCH AS SHARING SOME ONLINE EXPERIENCES WITH THEIR CHILDREN AND GUIDING THEM IN THE USE OF PRIVACY SETTINGS, ADVICE SERVICES AND CRITICAL EVALUATION OF ONLINE CONTENT AND BEHAVIOR. THIS SHIFT IS INFLUENCED BY PARENTS' OWN GROWING EXPERIENCE WITH AND EXPERTISE IN USING DIGITAL MEDIA. IT'S ALSO THE OUTCOME OF SEVERAL YEARS' WORTH OF MULTI-STAKEHOLDER EFFORTS TO RAISE PARENTAL AWARENESS AND ENCOURAGE THEIR ENGAGEMENT, OFTEN LED BY GOVERNMENTS AND CHILD WELFARE ORGANIZATIONS.



# HOW DO PARENTS RESPOND IN SOME COUNTRIES?

BUT IN MIDDLE AND LOW INCOME COUNTRIES, IT SEEMS THAT PARENTS FAVOR RESTRICTIVE MEDIATION. THIS IS PARTLY BECAUSE SOME CULTURES ARE MORE AUTHORITARIAN IN THEIR PARENTING STYLE (ESPECIALLY IN RELATION TO DAUGHTERS). IT'S PARTLY BECAUSE, IN THE ABSENCE OF SUPPORTIVE RESOURCES, ANXIOUS PARENTS FEEL THEIR ONLY RECOURSE IS TO PROTECT THEIR CHILDREN BY LIMITING THEIR ACCESS. IT'S ALSO BECAUSE THE WIDER PUBLIC DEBATE HAS YET TO EMBRACE A CONCEPTION OF CHILDREN AS ACTIVE CITIZENS AND, THEREFORE NOW, ALSO AS DIGITAL CITIZENS.

## Types of Parenting



*Authoritative*



*Authoritarian*



*Neglectful*



*Permissive*



*Overprotective*



*Power Struggle*

## HOW DO PARENTS RESPOND IN SOME COUNTRIES?

- EVEN TALKING OF PARENTS – A COMMON TARGET OF AWARENESS-RAISING ACTIONS IN THE GLOBAL NORTH – IS NOT STRAIGHTFORWARD AS MANY CHILDREN IN DEVELOPING COUNTRIES ARE BEING BROUGHT UP BY RELATIVES, OFTEN GRANDPARENTS. FOR EXAMPLE, IN AFRICA, LATIN AMERICA AND THE CARIBBEAN, CHILDREN ARE MORE LIKELY TO LIVE WITH EITHER ONE OR NEITHER OF THEIR PARENTS THAN CHILDREN IN OTHER REGIONS.
- FACTORS SUCH AS MIGRATION, ILLNESS, PARENTAL DEATH OFTEN MEAN THAT PARENTS AND CAREGIVERS ARE LEFT WITH FEW RESOURCES AND INSUFFICIENT TIME TO HELP CHILDREN WITH THEIR DIGITAL SKILLS.
- SCHOOLS ARE ALSO CHALLENGED: IN THE LEAST DEVELOPED COUNTRIES SCHOOL ATTENDANCE IS LOW, PUPIL/TEACHER RATIOS ARE HIGH, AND OVERCROWDED CLASSROOMS AND UNTRAINED TEACHERS ARE COMMONPLACE. IN MANY COUNTRIES, CHILDREN LACK A SUPPORTIVE OR INFORMED ADULT IN THEIR LIVES WHO CAN TEACH THEM TO NAVIGATE THE INTERNET SAFELY.

# HOW TO BALANCE PARENTING AND WORK IN THE DIGITAL AGE

- THE THING IS, WE'RE MORE ACCESSIBLE THAN EVER BEFORE. WORK NEVER STOPS, AND THAT MEANS IT'S HARD TO STRIKE A BALANCE BETWEEN YOUR FAMILY LIFE AND WORK. SURE, SMARTPHONES ARE GREAT, BUT THEY CAN MAKE YOU FEEL LIKE YOU NEVER HAVE A REAL BREAK FROM WORK.
- BALANCE IS HARD TO ACHIEVE, BUT WHEN YOU FOLLOW THESE FOUR TIPS, YOU MAY START SEEING IMPROVED CLARITY AT WORK AND BETTER QUALITY TIME WITH YOUR FAMILY:



# TIPS FOR BALANCING PARENTING AND WORK IN THE DIGITAL AGE

- **SET BOUNDARIES.**
- **BOUNDARIES SET A FIRM LINE BETWEEN YOUR WORK LIFE AND YOUR HOME LIFE.**
- **HAVE ~NO PHONE TIME. DO YOU REALLY NEED TO TAKE WORK WITH YOU?**
- **WORK SMARTER.**
- **YOU'RE A PARENT, SO YOU ALREADY HAVE THE TOUGHEST JOB IN THE WORLD. YOU HAVE TO GET SMART ABOUT HOW YOU MANAGE YOUR TIME AND WORKLOAD.**
- **TAKE BREAKS.**
- **PARENTS ARE BUSY AND ON THE GO, BUT THE THING IS, WORKING YOURSELF TO DEATH IS COUNTERPRODUCTIVE.**



# INTRODUCE LEARNING APPS TO YOUR CHILDREN

- INSTALL SOME FUN AND INTERACTIVE GAMES, SUCH AS QUIZZES AND CROSSWORD PUZZLES, ON YOUR CHILDREN'S SMARTPHONES BEFORE HANDING THEM OVER. YOU CAN ALSO HAVE FAMILY GAME NIGHTS AND ENJOY SUCH GAMES WITH YOUR CHILDREN. IT RESULTS IN A LOT OF FUN AND, SURPRISINGLY, MORE BONDING TIME.
- TO DEVELOP YOUR CHILDREN'S ANALYTICAL MIND, MEMORY, AND BETTER CONCENTRATION, YOU CAN ALSO DOWNLOAD GAMES LIKE "FIND THE DIFFERENCES" PUZZLES OR EVEN SUBWAY SURFERS AND ANGRY BIRDS! ADD DRAWING OR COLORING APPS TO YOUR KIDS' SMARTPHONES TO HELP THEM EXPRESS THEMSELVES.
- IT WILL HELP IF YOU DO NOT FORGET TO KEEP AN EYE ON THE ADS THAT POP UP INSIDE THE APPS YOU DOWNLOAD. SOME APPLICATIONS MAY CONTAIN INAPPROPRIATE OR SPAM ADVERTISEMENTS, WHICH YOU SHOULD CHECK BEFORE GIVING YOUR CHILDREN MOBILE PHONES.

## MAINTAIN DEVICE USAGE CRITERIA

- SIT YOUR CHILD DOWN AND DEFINE A SET OF BASIC RULES AND BOUNDARIES BEFORE HANDING OVER THE MOBILE DEVICES. ASCERTAIN THAT THEY ARE AWARE OF THE RESTRICTIONS IMPOSED ON THEM AND CAN BIND TO THEM. CHILDREN UNDER THE AGE OF 2 SHOULD HAVE NO OR VERY LIMITED SCREEN TIME, SUCH AS VIDEO MESSAGING WITH FAMILY AND WATCHING OTHER VIDEOS.
- CHILDREN AGED TWO OR FIVE HAVE NO MORE THAN ONE HOUR PER DAY OF RELATIVELY LOW CHILDREN'S ENTERTAINING SHOWS. OF COURSE, SUCH RESTRICTIONS ARE FOCUSED ON SCHOOL-AGED CHILDREN'S ACADEMIC NEEDS, AS CERTAIN SCHOOLS CONTINUE TO INTRODUCE HIGHER LEVELS OF SCREEN LEARNING (E-LEARNING) TO PREPARE STUDENTS FOR THE DIGITAL FUTURE.

# MAINTAIN DEVICE USAGE CRITERIA

- AT HOME, BUILD TECHNOLOGY-FREE ZONES AND SCHEDULES. FOR EXAMPLE, NO ELECTRONIC DEVICES ARE PERMITTED DURING MEALTIMES, BEDTIMES, STUDY TIMES, OR FAMILY GATHERINGS. ELECTRONIC DEVICES ARE NOT EVEN PERMITTED IN THE RESTROOM. HENCE, THIS ALLOWS FOR HEALTHIER HABITS AND HELPS YOUNG CHILDREN STICK TO A SCHEDULE SET BY YOU.
- 7 TIPS FOR SETTING UP A TECH-FREE ZONE IN YOUR HOME
- SET UP REMINDERS.
- DOWNLOAD FOCUSING APPS.
- CREATE WAYS TO STIMULATE THE BRAIN WITHOUT TECHNOLOGY.
- DECIDE ON ZONES THAT ARE CONVENIENT. ...
- CREATE BOUNDARIES FOR EVERYONE IN THE HOME.
- SET UP TIME FRAMES.
- DON'T GET ANGRY IF SOMEONE FORGETS.



## SET AN EXCELLENT EXAMPLE

- IF WE ARE BOTHERED BY THE NEWS OR EMAILS, HOW DO WE EXPECT OUR KIDS TO PUT AWAY THEIR DEVICES AT MEALTIME? LIMIT YOUR SCREEN TIME TO SET A GOOD EXAMPLE FOR THEM. DON'T IGNORE YOUR CHILDREN WHILE THEY ARE COMMUNICATING WITH YOU.
- DON'T FORGET THAT YOUR PRIORITY IS YOUR CHILD. SOMETIMES, YOU CAN KEEP YOUR DEVICES ASIDE AND PLAY WITH YOUR KIDS, HELP THEM WITH STUDIES, TEACH ABOUT PROJECTS, ARTS. SPEND MORE TIME WITH THEM TO MAKE THEM FEEL SPECIAL.
- DON'T SCREAM OR SCOLD THEM, IF YOU ARE WORKING. INSTEAD, PERSUADE THEM TENDERLY AND POLITELY. TEACH YOUR CHILDREN THAT DIGITAL DEVICES SHOULD ONLY BE USED WHEN NECESSARY. USING THEM ALL THE TIME LEADS TO VARIOUS NEGATIVE EFFECTS ON THE MIND, BODY, AND RELATIONSHIPS.



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