

METRO WEST TRIPLE P PRACTITIONERS NEWS

Volume 3, Issue 1

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**Your Triple P
Practitioner
Support Worker
is**

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DEAR PRACTITIONER,

Welcome to the December 2016 edition of our Triple P Newsletter.

In this edition of the newsletter we will be exploring the issue of screen time and children. We will discuss ‘what is screen time’ and ‘how much is too much’. What are the positives and negatives and how to balance this.

Our next Triple P Facilitator’s Network Meeting will be Wednesday 15th March 2017. A place to host the meeting is still yet to be decided. Is there anyone wanting to host?

At this meeting I would like to get some feedback from you as to what is the best day and time for everyone to meet and what topics and training you feel is needed in the sector to aid in the delivery of service to your clients.

Date: 15 March 2017

Time: 2-4pm

Location: TBA

We will notify of further details of the meeting, as they come to light. Otherwise, please save the date and enjoy the issue of ‘Metro West Triple P Practitioner News’

We would like to wish you all a safe and happy holiday.

2017 TRAINING EVENTS FOR TRIPLE P PRACTITIONERS

2017 NSW Triple P Practitioners Forum

Dates: Tues 4th & Wed 5th April 2017

Venue: Park Royal, Parramatta

The forum will be an opportunity for Triple P Practitioners to come together and share knowledge and experience of working with families.

The forum will include workshops around delivering Triple P where there is ongoing trauma; Triple P and attachment; Working with complex clients, Triple P online; examine how Triple P can be delivered in different cultural settings, and more.

For more information please contact Nicole.

SCREEN TIME

We are at the end of the year and are heading into the Christmas break and the end of year school holidays. It will be a time where screen time can be a life saver but it also needs to be managed.

What is Screen Time?

Screen time is the time you spend watching TV or DVDs, using computers, playing video or hand-held computer games, or using tablets or smartphones.

Screen time can be:

- ◇ interactive – for example, playing video games, communicating via Skype, or using online tools to draw pictures
- ◇ not interactive – for example, sitting still and watching movies, TV programs or YouTube videos
- ◇ educational – for example, doing maths homework online
- ◇ recreational – for example, playing games or watching videos for fun.¹



What are the recommended guidelines for screen time?

0-2 years—Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).²

3-5 years—For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be **limited to less than 1 hour per day**.

Infants, toddlers and pre-schoolers should not be sedentary, restrained or kept inactive for more than 1 hour at a time – with the exception of sleeping.²

5-12 & 13-17 years—Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to **no more than two hours a day** – lower levels are associated with reduced health risks.²

Benefits of screen time

Television, movies, video games and the internet can be a positive influence on your child. This is especially when:

- ◇ you get involved when your child is using them and help your child make good choices about what games to play or things to watch
- ◇ you get involved and talk with your child about what's going on in the game or program so she understands it
- ◇ your child uses good-quality content on screens – for example, playing a video game that involves solving creative puzzles to progress to higher levels
- ◇ using screens gives your child new ideas for traditional play – for example, playing Minecraft might get your child interested in designing buildings on paper
- ◇ using screens helps your child learn new skills – for example, doing a video about a school excursion might help your child learn video-editing skills.¹

Risks of screen time

Screen time can have physical, developmental, safety and other risks.¹

SCREEN TIME

Physical

Poor posture, sore, irritated and dry eyes, headaches and fatigue.^{1,3}

Strain on the wrist, thumb and elbow.³

Inactivity can lead to weight issues like obesity.^{1,3}

Developmental

Too much screen time can have an impact on children's language development and social skills. This is because children need real-life interactions to develop these skills. Too much screen time can also affect older children's development – for example, it can affect their ability to have conversations, maintain eye contact, pay attention in school or read body language.

Too much screen time can also result in children missing out on developing a wide range of interests, and the friends and learning associated with these interests.^{1,2}

Balance is the key.

Screen time can be a fun experience for children, but it's important to balance screen time with other activities that are essential for children's development. These include physically active play, creative play like solving puzzles and drawing, and conversation with family and friends.

Family Rules around screen time and technology use is a great way to finding balance between screen time and physical activity.

Rules might cover:

- ◆ **limits on screen time that take into account family events and routines** – for example, your child might have more screen time on the weekend, or extra time to video-chat with a grandparent .
- ◆ **areas where your child can use devices** – for example, you might decide they can be used only in family rooms and not in bedrooms or the car
- ◆ **times when devices can and can't be used** – for example, you might have a family rule that mealtimes are free of TV, computers and phones, or that there's no screen time until your child has finished chores or homework.

It may be helpful to create a family media plan for everyone in the family. The plan could cover things like screen-free areas in the house, screen-free times, and programs and apps that are OK for the child to use.

Also encourage children to do some physical activity outside or look for entertainment options that don't involve screens – for example, board or card games.¹

For health benefits, children aged 5-12 years / young people aged 13-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity every day.⁴ As stated in the *Physical Activity Guidelines for Children (5-12 years) and Young People (13-17 years)*.



Growing up in Australia

This report covers a variety of aspects of the ways in which Australian children's experiences and environments affect their prospects and progress, from birth to 13 years old.

The report casts light on diversity and change in children's family structures, and how the experience of household complexity changes as children grow.

Chapter 5 covers [Australian children's screen time and participation in extracurricular activities](#)

Maggie Yu and Jennifer Baxter, Australian Institute of Family Studies

For full report click here

<http://growingupinaustralia.gov.au/pubs/asr/2015/index.html>

References

1. Raising Children Network (2016) http://raisingchildren.net.au/articles/screen_time.html (Accessed 19/12/2016)
2. Department of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa512> (Accessed 19/12/2016)
3. Healthy kids <https://www.healthykids.nsw.gov.au/kids-teens/switch-off-the-screen.aspx> (Accessed 19/12/2016)
4. Dept of Health (19/12/2016) [http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines/\\$File/Guideline%20Evidence%20Summary.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines/$File/Guideline%20Evidence%20Summary.PDF)

Leading Practice Conference 2017 'HOLDING the RISK'

Despite our best endeavours, the number of children, youth and families reported at risk of serious harm continues to grow..... while services are funded to and aspire to intervene early they are also faced with the challenges of seeing increasing risk and having to 'hold' that risk.

The theme and major focus for the 2017 Leading Practice Conference is to critically consider challenges and best practice in responding to issues of risk in the work of practitioners, educators, facilitators and organisations driving positive change and best outcomes for vulnerable children, families, youth and communities into the future.

The conference will be followed by **Bridges Out of Poverty** (2days), which aims to provide profound insights and answers to workers client based challenge by financial and social disadvantages.

Park Royal, Parramatta

6th February, 2017
1pm—5pm

&

7th February, 2017
9am—4pm

Early Bird Registrations

\$220 to attend for 1.5 days
\$150 to attend for 1 day

Or

Full Registrations

\$250 to attend for 1.5 days
\$170 to attend for 1 day

Limited discounts are available for Consumers .
Enquiries to 02 9620 6172 or info@fwtdp.org.au

Registrations www.fwtdp.org.au