

# Therapeutic Oasis

THE FAMILY SYSTEM AND IT'S NEWEST MEMBER: TECH  
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TECHNOLOGY IS HERE, WHETHER YOU LIKE IT OR NOT, ESPECIALLY NOW WITH COVID-19! HERE ARE 4 KEY THEMES TO REMEMBER AS YOU FIGURE OUT HOW TECHNOLOGY WILL FIT INTO YOUR FAMILY!

## 1. PARENT-TECH RELATIONSHIP: TECHNOLOGY IS NOT THE ENEMY:

CHECK IN:

- WHAT DOES YOUR OWN PHONE USE LOOK LIKE?
- HOW OFTEN ARE YOU ENGAGED IN MINDFUL CONVERSATION WITH YOUR CHILDREN AND OTHERS IN THE FAMILY?
- DO YOU HAVE A DESIGNATED WORK SPACE IF YOU ARE WORKING FROM HOME?
- ARE YOU REACTING FROM A PLACE OF FEAR?

THE GOAL: TO ESTABLISH A HEALTHY RELATIONSHIP WITH YOUR TECH, SO AS PARENTS YOU CAN BE HONEST ABOUT YOUR OWN USE AND BEGIN TO HAVE OPEN AND HONEST CONVERSATION WITH YOUR CHILDREN. LEARN TO PRACTICE BEING NON-JUDGMENTAL AND CURIOUS!

## 2. PARENT-CHILD RELATIONSHIP:

CHECK IN:

- WHAT DOES TIME TOGETHER LOOK LIKE?
- ARE YOU SETTING TIME AS A FAMILY TO CONNECT?
- ARE YOU HAVING A MEAL TOGETHER THATS ABOUT CONNECTION & FUN?
- ARE YOU PREACHING VS CONNECTING? REMEMBER BUILD YOUR OUTSIDE COMMUNITY FOR SUPPORT?

TIPS:

- DO NOT TRY TO HAVE SERIOUS CONVERSATIONS IN CAR RIDES
- MAKE FAMILY TIME FUN AND ADD SHORT PERIODS THROUGHOUT THE WEEK THAT INVITES THE FAMILY TOGETHER( MOVIES, TV SHOWS, COOKING, PROJECTS, BE CURIOUS WHAT WOULD YOUR CHILD COME OUT OF THEIR ROOM FOR?)
- BUILD YOUR COMMUNITY FOR SUPPORT ( TUTORS, COACHES, THERAPIST, FAMILY, MENTORS ETC.)

THE GOAL: TO BUILD TRUST WITHIN YOUR RELATIONSHIP SO YOU CAN SET LIMITS COLLABORATIVELY WITH YOUR CHILDREN. LEARN TO VALIDATE AND UNDERSTAND WHERE YOUR CHILD IS COMING FROM WITHOUT JUMPING TO FIX OR REACTING FROM FEAR. CONTINUE WORKING ON BEING NON JUDGMENTAL AND CURIOUS

## 3. CHILD-TECH RELATIONSHIP: NOT ALL RELATIONSHIPS WITH TECH ARE "BAD"

### CHECK IN:

WHAT IS YOUR CHILD'S RELATIONSHIP WITH THEIR TECH?

- IS THE PHONE AND TECH USE SECRETIVE?
- DOES YOUR CHILD TAKE THEIR PHONE EVERYWHERE ALL THE TIME?
- DOES YOUR CHILD REACT NEGATIVELY IF THEY LEAVE THEIR PHONE?
- DOES YOUR CHILD REACT INTENSELY WHEN YOU TAKE THEIR PHONE AWAY?
- HAS YOUR CHILD PARTICIPATED IN ANY BEHAVIORS THAT ARE NOT SAFE?
- HOW MUCH DRAMA COMES FROM THE PHONE?
- WHAT DOES SCREEN TIME LOOK LIKE?

### THE WHAT AND THE WHOM OF TECH:

WHAT IS YOUR CHILD DOING ON THE PHONE AND WITH WHOM ARE THEY DOING IT WITH.

### "IN PERSON" COMMUNITY:

HELP YOUR CHILD FIND A COMMUNITY TO BE PART OF, THINK ABOUT SPORTS, ARTS, GROUPS, IF YOUR CHILD IS HAVING A HARD TIME CONNECTING WITH PEOPLE IN PERSON CHECK IN WITH A THERAPIST.

### FOMO: FEAR OF MISSING OUT:

FOMO IS REALLY THE FEAR OF NOT FEELING SOCIALLY CONNECTED AND FEELING ISOLATED. IF YOU TAKE THE PHONE AWAY YOU WANT TO MAKE SURE YOU ARE ALLOWING SOME OPPORTUNITY FOR CONNECTION.

THE GOAL: BE CURIOUS AND OBSERVANT, DO NOT ASSUME SOMETHING BAD IS HAPPENING ON THE PHONE, CHECK IN WITH WHAT IS ACTUALLY HAPPENING BEFORE JUMPING TO CONCLUSIONS. BEGIN TO SET APPROPRIATE LIMITS WITH WHAT YOU ARE NOTICING.

## 4. MAKE LIMITS YOUR FRIEND

### CHECK IN:

- WHAT DOES SETTING LIMITS LOOK LIKE?
- REMEMBER FOMO: ARE YOU USING TECH AS A PUNISHMENT TOO MUCH?
- DOES THE PUNISHMENT FIT THE CRIME?
- THE PHONE IS A PRIVILEGE- DOES YOUR CHILD UNDERSTAND THAT YOU ARE WORKING WITH THEM OR DO THEY FEAR LIMITS?

### TIPS:

1. SET A NIGHTTIME PHONE PROTOCOL- TURN PHONES IN OR CHARGE AT CHARGING STATION
2. CREATE A FAMILY CHARGING STATION
3. ELEMENTARY SCHOOL AND MIDDLE SCHOOL: GET PASSWORDS, FOLLOW SOCIAL MEDIA ACCOUNTS
4. HIGH SCHOOL: BEGIN TO BUILD AUTONOMY
5. RANDOM PHONE CHECKS WHEN APPROPRIATE

THE GOAL: START TO COLLABORATIVELY TALK ABOUT LIMITS AND SET THEM TOGETHER WITH YOUR CHILDREN, BE CURIOUS IF THEY DON'T LIKE THE LIMIT LET THEM EXPLAIN WHY THEY DO NOT LIKE IT, BEING CURIOUS AND VALIDATE THEIR FEELINGS. REMEMBER VALIDATION DOES NOT MEAN YOU NEED TO GIVE IN OR AGREE WITH THEM, HOWEVER YOUR CHILD WILL FEEL HEARD AND UNDERSTOOD IF YOU VALIDATE. THE ULTIMATE GOAL IS FOR YOUR CHILD TO COME TO YOU WHEN SOMETHING HAPPENS.