

# Webinars



## Webinar Toolkit: June 2022

### “ Raising the Modern Child”

This toolkit will cover some of the contents from the webinar, as well as further information on Raising the Modern Child, including:

- 10 easy steps to get your kids to talk to you and never stop
- How to Create a Family Culture for Screen Time
- A guided family screen-time contract
- And more information about the July 2022 webinar

If you missed this webinar linked to this toolkit, you can watch the recording available on the Kaelo website – <https://www.kaelo.co.za/introducing-free-monthly-webinars/>

### Your Facilitator



**Tracy Helps**

Clinical Social Worker

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## 10 easy steps to get your kids to talk to you and never stop

1. Make a **routine** of talking to your children as soon as they can talk. A great time to do this is bedtime when everybody is calm and winding down for the day. Take 20 minutes and process the day. Ask leading questions and allow them to talk to you about whatever is important to them. Do this every day and it becomes a natural habit to talk and share what is happening in their lives.
2. Make sure **nothing is taboo**. There should be no conversation that is off limits. You need to always answer their questions even when they are awkward and embarrassing. Never dismiss a question. If content is not yet age appropriate then give an abridged answer but never forbid or avoid a conversation.
3. **Never judge**, tease, minimise or laugh at what your children are talking about. Even if you feel it is silly nonsense it is important to them. If you shut them down on the small things they won't talk to you about the big things. If your kids feel they will be shamed for talking about things they won't do it.
4. You have to **listen, really listen** to the stories about Batman and My Little Pony when they are small so that they talk to you when they are older. You can't expect a teenager who you have not been listening to for years to suddenly start talking to you. You have to really listen to their long winded stories from the very beginning. This teaches them to trust that you are listening, that you are available to talk to and that you are interested in their lives. You won't convince them that you are suddenly interested after years of not wanting to hear their stories.
5. Sometimes with older children it helps to have a **distraction**. Use car journeys, walks around the block, cooking together, tidying up the house or throwing a ball for the dog as an opportunity to engage in conversation. It is far less threatening than a direct face to face conversation.
6. Siblings need **one on one time with parents**. If you have more than one child make it a priority to spend alone time with each child at least once a month. Often an older, more verbal or more confident child will speak for the other siblings and never really give them space to share. There can also be issues that siblings don't want to talk about in front of each other or a healthy dose of sibling rivalry getting in the way of honest and open conversation.
7. You have to **role model** open communication. Talk about your own day, the good and the bad. You don't need to share all the messy details but kids need to learn that it is ok to talk and share our experiences, ask for help, and resolve problems. If they see you as perfect they may not want to disappoint you with their struggles. They also need to learn that it is ok not to be ok, that problems are resolvable and that a bad day is just a day.

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8. Make **family communication** a priority. Car journeys and meal times should be a tech free time with the expectation of communication. You can use communication games to help you with this. The simplest game is “high low” with a talking spoon. Grab a spoon, any spoon, but you can also make it a fancy spoon if you like. The spoon gets passed from person to person, whoever has the spoon shares the best and worst of their day. Nobody else is allowed to comment, ask or interrupt. The individual simply shares aspects of their day. It is a great way to get the conversation started and to get insight into what is happening in your kids’ lives. You are role modelling communication and making it a habit and an expectation.
9. Give your children a **vocabulary** as soon as possible. And teach them how to describe what is happening for them. Teach them words like permission, boundary, safety, uncomfortable, unsafe as fast as possible. Teach them words to describe how they are feeling. Use a chart of emojis to help you with this. Often kids, even adults, don’t have the language they need to describe what is happening to them so they act out in their behaviour. Remember that behaviour is communication and that often we have to listen to what we see as much as to what we hear.
10. Use **everyday observations** to start conversations. It is often easier to talk about other people, things they have seen on TV or in books, things they hear about at school, than it is to talk about their own experiences. You can use these examples to launch teaching conversations and sometimes move them onto talking about your child’s personal experiences.

## How to Create a Family Culture for Screen Time

Kids crave structure, consistency, and **leadership** from parents. So rather than go to war over screen time, I recommend establishing a family culture around technology by sitting down and creating a Family Screen Time Contract.



The contract on the next page provides a basic framework, allowing for flexibility and customization based on your kids' ages and your family’s use of technology. Set aside a time to fill it in together, edit it, or use it as a jumping off point for discussion. Each family is different, so each contract will be too.

Remember, the contract is not a **punishment** but a way to set healthy screen time boundaries for everyone in your family, including parents. Screen time devices include smartphones, computers, laptops, televisions and all game systems.



**THE \_\_\_\_\_ FAMILY SCREEN TIME CONTRACT**

**School Nights & Weeknights:**

Our family shuts down all our devices at \_\_\_\_\_ o'clock. The devices remain off until the next morning. Devices will not be turned back on until everyone has finished breakfast, and is dressed and ready to leave.

**Weekends & Holidays**

Our family limits screen time on weekends and holidays to \_\_\_\_\_ hours/minutes per day.

**Travel Vacations**

After arriving at our destination, everyone in our family limits screen time to \_\_\_\_\_ minutes in the morning and \_\_\_\_\_ minutes in the evening. We leave our devices in our hotel or vacation homes and don't take them on activities, such as hiking, going to the beach, cycling, etc. If needed, one device may be designated to be used for directions, photos or emergency calls.

**Screen Time Blackouts**

Our family does not use our devices when we have: (check all that apply)

<input type="checkbox"/>	Meals together	<input type="checkbox"/>	Playdates	<input type="checkbox"/>	Family gatherings
<input type="checkbox"/>	Sleepovers	<input type="checkbox"/>	Friends visiting	<input type="checkbox"/>	To walk or drive
Add your personal family guidelines:					

**Device Storage & Charging**

Our family does not store or charge tech devices in our bedrooms or playrooms. Instead, we all keep our devices in a communal space, which is our \_\_\_\_\_.

**Screen Time Privilege**

Devices aren't available after school until homework and chores are completed. Chores may include:

<input type="checkbox"/>	Making beds	<input type="checkbox"/>	Taking care of pets	<input type="checkbox"/>	Tidying up rooms
<input type="checkbox"/>	Helping prepare dinner	<input type="checkbox"/>	Doing dishes	<input type="checkbox"/>	Setting the table
Add your additional family chores here:					

**Alternatives to Screen Time:**

Our family recognizes that too much screen time is unhealthy. As a family, we each have weekly physical and creative activities such as: (check at least three)

<input type="checkbox"/>	Exercise	<input type="checkbox"/>	Art	<input type="checkbox"/>	Sports
<input type="checkbox"/>	Musical instruments	<input type="checkbox"/>	Dance	<input type="checkbox"/>	Reading for pleasure
Add your own special activities here:					

**Web Use and Passwords:**

To protect our children from inappropriate material and frightening images on the internet, children in our family under \_\_\_\_\_ years old are not allowed to surf the web unsupervised. Parents also keep records of all passwords, including social media, and don't allow secret accounts.

**When the Contract is Broken**

Our family recognizes that screen time is a privilege not a right. If someone in our family repeatedly breaks the family contract, devices will be taken away. Parents will decide for how long.

DATE: \_\_\_\_\_ SIGNATURES: \_\_\_\_\_ <http://www.seangrover.com/>

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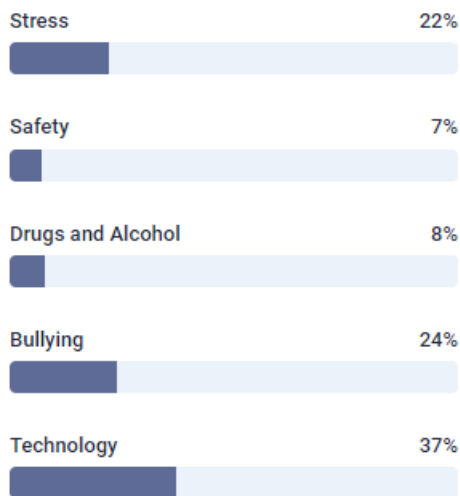
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## Suggested further information and Apps to use:

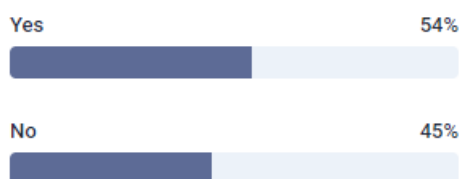
- Nicky Bush – Creative Parenting Expert (<https://nikkibush.com/>)
- Emma Sadleir – Digital Law Company (<https://www.thedigitallawco.com/>)
- The Social Dilemma – Documentary available on Netflix
- MMGuardian – Parental Control App (<https://www.mmguardian.com/row>)
- BARK – Parental Control App (<https://www.bark.us/>)
- <https://www.bullying.co.za/>

## Results from the Poles in the webinar:

What do you think the greatest challenge for children currently is?



Is your child experienced bullying?



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## Thank you for joining the session!

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

## Up next month:



## Rands and Sense: A Guide to Better Budgeting

Tuesday, 12th July at 2pm

Register on: <https://www.kaelo.co.za/introducing-free-monthly-webinars/>

### Your Facilitator



**Val Leeming**  
Director Financial  
Wellness Organisation

**We look forward to seeing you there!**