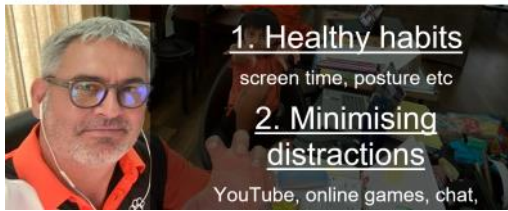


What are your challenges at home?

challenging times
 screen craving limiting Games screen and off-screen free time
 screen and non class iPad devices screen time
 time and content class time YouTube access online children
 safety and same time use screens long time



now ✓
 ↓
 study
 leave ✓

There are no Stopping Cues in our Digital Diet



There are no Stopping Cues in our Digital Diet



[Neuroscientist: "First Hour of The Morning is CRUCIAL" | Andrew Huberman](#)



Neuroscientist: "First Hour of The Morning is CRUCIAL" | Andrew Huberman
 2,271,665 views · 6 Oct 2021



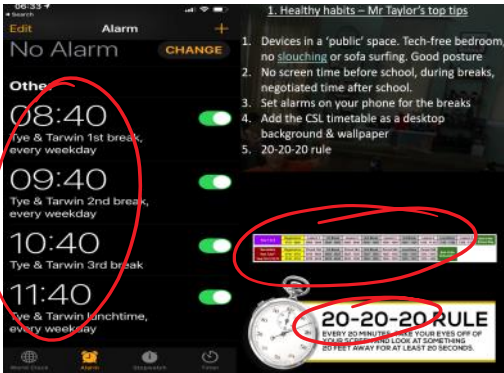
[Dr. Matthew Walker on Sleep for Enhancing Learning, Creativity, Immunity, and Glymphatic System](#)



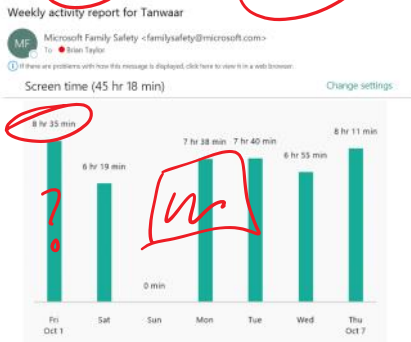
Dr. Matthew Walker on Sleep for Enhancing Learning, Creativity, Immunity, and Glymphatic System
 301,473 views · 1 Mar 2019



[Dr. Matthew Walker on Sleep for Enhancing Learning, Creativity, Immunity, and Glymphatic System](#)



screen **time** vs screen **quality** debate



[The trouble with 'screen time rules' - Parenting for a Digital Future \(lse.ac.uk\)](#)

screen **time** vs screen **quality** debate

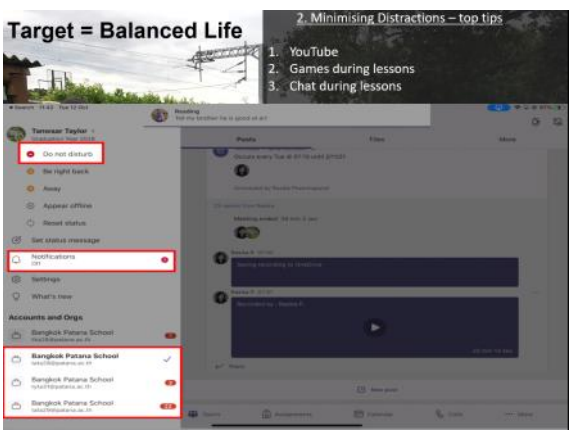
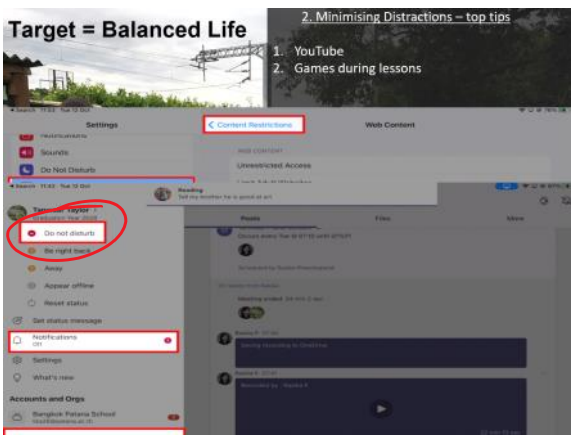
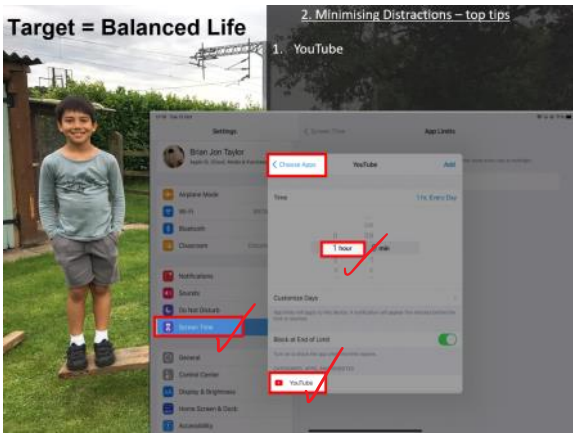
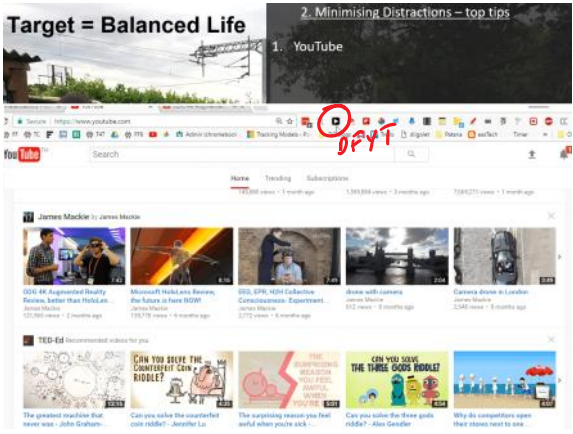
So, rather than watching the clock, we advise parents to watch their children and ask themselves, are they:

- ✓ Eating and sleeping enough?
- ✓ Physically healthy?
- ✓ Connecting socially with friends and family - through technology or otherwise?
- ✓ Engaged in school?
- ✓ Enjoying and pursuing hobbies and interests - through technology or beyond?

If the answer to these questions is more or less 'yes', then perhaps the problem of 'screen time' is less dramatic than many parents have been led to believe. The notion of 'addiction' to the screen requires particular care, and certainly **cannot be determined by simple measures of time.**

[The trouble with 'screen time rules' - Parenting for a Digital Future \(lse.ac.uk\)](#)





Target = Balanced Life

2. Minimising Distractions – top tips

1. YouTube
2. Games during lessons
3. Chat during lessons

11:57 Tue 12 Oct

Chat



Oliver Blundell

Available

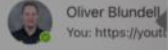
Search

Chat



Oliver Blundell

teaching t
as a pair, t



Oliver Blundell

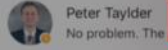
You: <https://youtu>



Pin



Hide



Peter Taylder

No problem. The



Mute