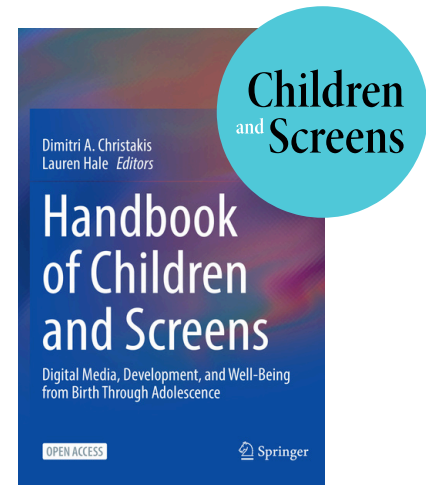


RECOMMENDATIONS

Recognizing and Avoiding Problematic Internet Use



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Understand device features, functionality, and privacy settings before giving children access.
- Maintain open dialogue with children.
- Require children develop skills to be granted increased phone independence, including self-regulation and the ability to use it responsibly.
- Avoid extreme interventions.



Clinicians and Providers

- Develop and validate age-appropriate screening tools for problematic digital media use in children using reliable data.
- Identify currently available treatment options for children with problematic media use.
- Build and maintain a therapeutic alliance with youth, parents, and providers.
- Address barriers to successful treatment.
- Stay informed of the latest evidence for effective intervention methods and help inform patients and their caregivers.
- Maintain open dialogue with children.



Educators and Teachers

- Evaluate multi-tiered systems of support (MTSS) for smartphone use to determine and address student needs.