

Cherry Creek Pediatrics applauds the St. Vincent De Paul community for continuing the conversation about kids and families learning to have a healthy relationship with technology. Screenagers has been an excellent catalyst for this conversation. Most of us believe this conversation should carry equal weight with nutrition, sleep and exercise at the pediatrician's office. We believe a parent's job is to provide guardrails for their kids regarding this topic and find a way to promote a shared responsibility.

Four entry points into the conversation and important topics to discuss include:

- 1) No technology should sleep in the room kids are sleeping in – preferably all the way through high school.
- 2) Even though it feels private, kids need to learn at an early age that every keystroke is essentially discoverable - “their phone is much more like a billboard than a diary.”
- 3) It is important to learn to be deliberate when you use technology and deliberate when you stop, rather than coexisting with technology
- 4) Kids need to be a part of the regulation process. Self-regulators (within the parameters set by the family) have much healthier personal, social and emotional behaviors and relationships.

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