

Managing Media

One of the challenges in my own home, with four kids, between the ages of 16 and 7, is to control their amazing appetite for media.

At least they are not consuming as much as the average child in North America (A Kaiser Family Foundation study in 2010 reported that, on average, children ages 8 to 18 spend 7 hours and 38 minutes a day using media. Some multi task and thus log almost 11 hours of media usage per day)

Even before I had children I was interested in this topic. I wrote the first position paper for the Canadian Pediatric Society on children and media. That was a few years ago when the main focus was on television. Now we have smart phones, video games and Social media to contend with.

That is why I am so pleased to share with you a very useful resource if you want to do better in helping your child use media wisely.

Visit Harvard University's Media Health Matters (www.cmch.tv) When you do that, you will walk away with very simple and useful ideas