Connecting: Raising Kids in the Digital World

PEDIATRICIANS & PHYSICIANS

1. *Connecting* describes the concept of being a good enough parent. This includes "being there for kids and showing them that we can handle tough moments together." How did this concept resonate for you and your life experience? How did it align with your experience engaging with parents of your patients, or providing care for youth?

2. The book argues that caring adults can serve as "Media mentors and coaches, rather than as the media police." Does this role apply to healthcare providers and physicians? In their clinics? In their communities? In what ways may it apply or not?

3. *Connecting* argues that family and peer connection, nutritious food, physical activity, learning and good sleep are essential elements of mental and physical health. Select one of these activities and consider how technology may benefit or challenge your own day-to-day behavior for that activity.

4. In what ways do you role-model balanced technology use for your patients or families? In what ways do you role-model balanced technology use in your family or community? In what ways do you hope to reflect on or change?

5. Considering the 5Cs of Healthy Media Use (Child, Content, Calm, Crowding Out and Communication), which of these could translate to approaches your work setting, such as your clinic, could take in managing technology use together.

6. Considering the 5Cs of Healthy Media Use, are there strategies you could use to promote healthy technology use in your community or workplace? For example, promoting Calm in your community may include setting up a lunch hour for meditation, knitting, or yoga. Or promoting Calm at your work may include revisiting expectations for answering emails outside of work hours.