

# WHAT IS YOUR MEDIATION STYLE?

There's no one right way to raise kids. It's all about balancing risks and benefits. With that in mind, research shows that active mediation is the best way to teach healthy media habits. Use this quiz to help you see how you manage media in your home or childcare center. "Kids" refers to any children in your care.

**To take the quiz, read each statement and write a number 1-5 next to it based on how much you agree. After rating the statements in each section, add together the numbers to find your section total.**

When you're finished, head to the last page to learn about your current mediation practices!

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

# SECTION ONE

1-5

I explain how much time my kids are allowed to spend on screens and tell them why.

My kids and I talk about when and where screens are okay, and when they are not okay.

My kids see that I can manage my own screen time in a healthy way.

My kids and I often use media together and talk about it while it is happening.

I explain what shows and apps are appropriate for my kids and help them find good options.

In front of my kids, I only watch or use child-appropriate content.

**SECTION ONE TOTAL SCORE**



# SECTION TWO

1-5

My kids do not need me to be part of their screen time, they know what to do on their own.

I let my kids use screens whenever they want.

I do not think there are many risks to screen use.

I often give my kids screen time when they need to be entertained or calmed down.

I use screen time like a babysitter so that I can do other things while my kids are busy.

I want my kids to use technology as much as possible so they're ready for the future.

**SECTION TWO TOTAL SCORE**



# SECTION THREE

1-5

I pay attention to how much time my kids spends on screens.

Our family (or center) has rules about screen time.

I do not let my kids use screens for longer than they are allowed to.

I notice what my kids watch and do on screens.

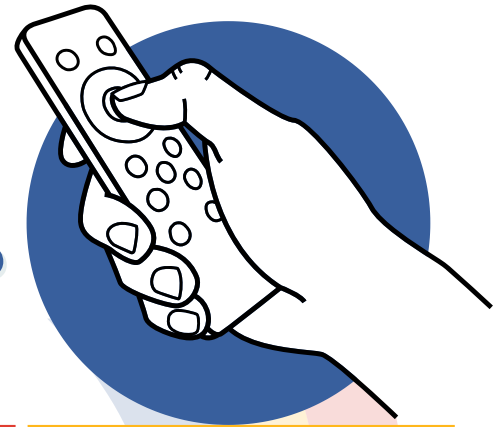
We have rules about what my kids are and are not allowed to watch.

We have rules about when and where my kids are and are not allowed to use screens.

**SECTION THREE TOTAL SCORE**



# WHAT IS YOUR MEDIATION STYLE?



SECTION ONE Active Mediation	SECTION TWO Risky Mediation Practices	SECTION THREE Restrictive Mediation
My score:	My score:	My score:

This is a starting point for you to notice how you are practicing mediation right now. No guilt, no blame. Finding any areas to work on is the first step toward healthy media use for the children in your care.

The goal is to have the highest score in the **Active Mediation** category and a low or zero score in **Risky Mediation Practices**. If you scored high on **Restrictive Mediation**, that means you have done a great job setting rules and limits! The next step is regularly talking to kids about their media use to help them understand healthy boundaries.

Check out the **Ideas for Practicing Active Mediation Guide** for tips on how to talk to kids about media rules and set them up for a lifetime of healthy media habits.

# IDEAS FOR PRACTICING ACTIVE MEDIATION

## VISUALIZE

Help children understand which media options are okay. Try using flash cards with print-outs of apps or shows and videos to create a menu showing what they are allowed to use.

## CURATE

Explain to children what content they are allowed to use and why. Give them specific examples of what they can watch or play and describe why you are choosing it.

## MODEL

Model positive media use by only using appropriate content when children are around.

## SAY WHEN & WHERE

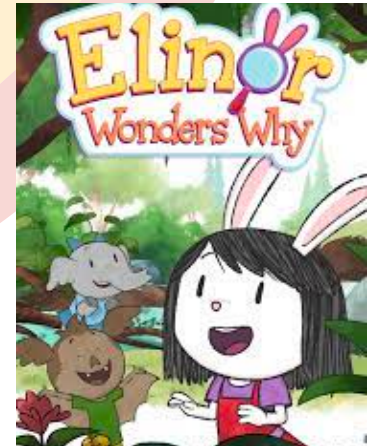
Discuss when and where children are allowed to use screens and stick to the limit. For example, "There are no screens allowed at mealtime, near bedtime, or in the bedroom."

## DEBRIEF

Talk to children about what they saw on screen and how it made them feel.



# MEDIA MENU EXAMPLE



*Use the grid on the next page to create a visual "media menu" for children. Copy images of the shows and/or apps you have chosen for them to use and paste them into the squares.*



# MEDIA MENU TEMPLATE








## WEEKDAY SCHEDULE FOR:

6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

## DAILY TIME GOALS

<b>SLEEP</b>	11 to 14 hours (ages 1-2), 10-13 hours (ages 3-5)
<b>OUTSIDE PLAY</b>	At least 30 minutes per day, ideally spending more time outside than on screens each day
<b>SCREEN TIME</b>	Less than one hour daily of high-quality educational content





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