



YAVAPAI REGIONAL
MEDICAL CENTER

The Family Resource Center

7 Ways to Short-Circuit Kids' Mobile Addiction

(www.livescience.com)

Introduction

Whether it's the 7-year-old who likes to buy new moves in Bubble Witch Saga or the 10-year-old who won't stop playing Minecraft with his friends, more and more children are gaming on iPads and smartphones.

But how much mobile gaming is too much? And once parents recognize a problem, how do they wean their little ones off the crack that is Candy Crush Saga?

If kids are whining about having to go outside instead of playing video games, or if they're slacking off in school or can't sit still in a restaurant without an iPad in front of them, there might be a problem, said Patrick Markey, a psychology professor at Villanova University in Pennsylvania.

And there are several tricks to break kids of their electronic habits.

From gradual transitions to replacement activities, here are seven ways parents can wean their kids off mobile devices.

Limit alone time

With desktop computers, one of the best ways to stop compulsive gamers from overdoing it is to keep the family computer in a public place, said Ofir Turel, a researcher at the California State University, Fullerton.

"If the parents know how much time the kids play and they see what they're doing on the computer, the kids are reluctant to behave freely on the Internet," Turel said.

Unfortunately, portable devices such as smartphones or tablets are trickier to control. But if kids are playing on a parents' device, preventing kids from taking devices back to their own room can be a good way to limit game

play. And consider whether the child actually needs his or her own device, most younger children don't.

Use transitions

When children are playing a game, it's best to warn them in advance when it's time to put the game away. So, to avoid the teary meltdown, 10 minutes before dinnertime, let kids know their time is running short, said Catherine Steiner-Adair, a clinical psychologist at the author of "The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age," (Harper, 2013).

Fill their time

For some kids, games are more than just diversion; they offer a way to deal with stress, fill a hole in their social lives, or simply relieve hours of boredom. Taking away game-playing

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Strengthening families since 1989

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Please join us!

Celebrate Easter

with the

Family Resource Center

and

Parents as Teachers

Friday, April 14, 2017

3:30-5:00 pm

Viewpoint Park, Prescott Valley

7801 E. Park Ridge Drive

Easter Egg Hunts



Pictures with the Easter Bunny



**Don't forget to bring
your cell phone or camera!**

Please RSVP to your Home Visitor!

What's Happening?

Be sure to take advantage of the many fun activities in the area that parents and children can share!

All events are FREE, unless otherwise noted (\$). For further details, contact event coordinators at the following locations or the numbers provided.

**Prescott Valley Public Library (PVPL)
Prescott Valley Civic Center (PVCC)**

7401 and 7501 E. Civic Circle
(928) 759-3040

Prescott Public Library (PPL)

215 E. Goodwin Street
(928) 777-1500

Chino Valley Public Library (CVPL)

1020 W. Palomino Road
(928) 636-2687

Story Time for Pre-Schoolers- Ages 3-6 (CVPL)

Every Monday and Wednesday at 10:30am

Story Time for Toddlers- Ages 18 mos-24 mos (CVPL)

Every Tuesday at 10:00am

Toddler Story Time (PPL)

Every Tuesday at 10:00am

Preschool Story Time- Ages 3-5 (PVPL)

Every Wednesday at 10:00 or 11:00am

Toddler Story Time- Ages 18 mos-3yrs (PVPL)

Every Thursday at 10:00 or 11:00am

Lap-sit Story Time- Babies (PPL)

Every Friday at 9:30am

Preschool Story Time- Ages 3-5 (PPL)

Every Friday at 10:30am

Family Story Time—All Ages (PPL)

Every Saturday at 11:00am

Easter Egg Hunt & Story Time (PPL)

4/11, 10:00-10:30am

Easter Eggstravaganza (\$)

4/16

Heritage Park Zoo, Prescott

Chalk It Up! Prescott—FREE!

4/22-23, 10:00am-4:00pm

201 N. Montezuma St., Prescott

Community Appreciation Day—FREE!

4/29

Heritage Park Zoo, Prescott

Prescott (Heritage Park) Zoo

Willow Creek Rd., Prescott

928-778-4242

Switch Dance Studio

540 Sixth St., Prescott

928-308-1311

Summer's Dance Works

843 Miller Valley Rd., Prescott

928-583-7277

The Boys & Girls Club

335 E. Aubrey St., Prescott

928-776-9191

YMCA

750 Whipple St., Prescott

928-445-7221

Full Swing Batting Cages

Local Area Activity Sources:

Bounce House Express

Mendicino & Florentine, Prescott Valley

928-277-9018

Freedom Station

2992 N. Park Drive, Prescott Valley

928-775-4040

Go Bananas

Prescott Gateway Mall

928-583-7655

Synergy Gymnastics

6th St., Prescott

928-899-4589

Free Entrance Days

in the National Parks

April 15-16 and 22-23:

Weekends of National Park Week

Parent Talk Tip #725

The Parent Talk Tip Collection by Chick Moorman and Thomas Haller www.personalpowerpress.com

Use big words for small children.

The language you use is what they have to select from when they become readers/writers.

Tip of the Day: Calories Made Simple

Don't be confused by Calories. They are just a measurement tool, like inches or ounces. Calories are the fuel you need to work and play. They measure the energy a food or beverage provides — from the carbohydrate, fat, protein, and alcohol it contains.



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devices without providing any alternatives is unlikely to work in the long run.

So after restricting game play, make sure to fill that time with another activity. If the child is cut off from their phone, then sign them up for soccer practice three times a week or take them on a bike ride, Turel said.

Set a good example

Children learn from their parents.

If parents have their eyes on a screen at all times, kids will learn that non-stop viewing of devices is acceptable behavior. So parents should put their phone or tablet down during meals or when spending time playing with children.

Kick your addiction

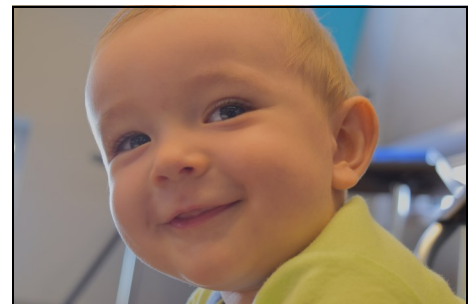
Parents should also take a hard look at their dependence on mobile devices. Many parents slip a mobile device into their children's hands to get

some downtime without a child tugging their leg, or to get through a meal in a restaurant without flying food. That's okay in moderation, but kids eventually need to learn how to behave without these crutches, Markey said.

Letting go of the reliance on the iPad babysitter will pay dividends down the line, even if it leads to a few **temper tantrums** along the way, Markey said.

Valentine's Day Event at the Library

On Tuesday, February 14th, 2017 the Healthy Families Program had an event at the Prescott Valley Library. Anne Pieszek, the Children's Librarian, had a special story time for us and a fun craft to participate in. Anne was very animated while reading a book to us. She kept everyone, especially the children, interested, and entertained. Parents, children, and FRC staff were able to participate and enjoy each other's company. Children were sent home with a new book and parents with a rose and a box of chocolates. We at Healthy Families would like to extend a BIG thank you to Anne and to those who participated. We hope everyone can come to our next event on April 14th at Viewpoint Park in Prescott Valley for our Egg Hunt Event.



Family Resource Center's Car Safety Seat Check Program

(Although we included information about Family Resource Center's Car Safety Seat Check Program in a recent issue of the newsletter, we wanted to run it again because so many new families have begun receiving the services of FRC. We strive to promote safety awareness.)

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Because vehicles are designed to protect adults, children are especially at risk for injury and death if involved in a car crash. You can greatly lower the chances of your children being injured in a crash by properly securing them in child safety seats that are appropriate for their age, size, and the type of vehicle used.

The Family Resource Center wants to help keep your children safe inside your vehicles. Made possible via a grant by the Arizona Governor's Office of Highway Safety, this program provides a one-time 30 minute presentation that talks about how to safely secure a child in a car

seat or booster seat, as well as showing proper installation of the seat into the family vehicle.

This service includes:

- Instructions for the specific seat and specific vehicle, which is installed in the caregiver's vehicle immediately following the presentation. Instructions are given to the parents to ensure they leave the presentation with the ability to safely secure their child into his/her seat and can properly install the seat into their vehicle.
- These presentations are conducted monthly at YRMC. Installations, instruction, and safety checks are administered by a trained, nationally certified car seat technician to ensure all safety aspects are known and addressed.

It is recommended that you replace your car seat as soon as possible:

- if it is outdated (expired) — this information is posted somewhere on the seat, often on the back.
- if it is recalled by the manufacturer
- if it is involved in a collision,
- if it has inadequate and/or missing parts, or
- if it has an unknown prior history (never buy a used car seat).

If you have any questions or concerns about your child's car safety seat or this program, please talk to your home visitor or call Lina at the Family Resource Center at (928) 442-8861, Monday through Friday, 8:00 am to 4:30 pm.



St. Patrick's Day Facts (www.kidsconnect.com)

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St. Patrick's Day is the national holiday of Ireland and is usually celebrated on March 17. It has become a popular holiday in the United States.

Most people, whether they are Irish or not, wear green on this day. One of the Irish traditions is to pinch anyone who is not wearing green on St. Patrick's Day.

Irish immigrants began observing the holiday in Boston, Massachusetts, in 1737. The first St. Patrick's Day parade was held in New York City in 1766.

Corned beef and cabbage are traditional foods eaten on this holiday. The shamrock, pot-of-gold, and leprechauns are also associated with St. Patrick's Day.

The shamrock was worn as a badge on the lapel. Three is Ireland's magic number, and the three petals that make up the shamrock are supposed to bring good luck.

The leprechaun is a small Irish fairy. He is dressed like a shoemaker, with pointed shoes and hat. He also wears a leather apron. Leprechauns are supposed to be unfriendly little men

who live alone in the forest, spending all of their time making shoes and guarding their treasures. If someone catches a leprechaun, he will be forced to tell where he hides all his pots of gold. However, the leprechaun must be watched at all times. If his captor looks away, the leprechaun will vanish along with his treasure.



Color this Easter picture and hang it on your refrigerator!

