

Help! The Smartphone Ate My Family

Welcome everyone to another web webinar put on by Texas Home School Coalition.

We are so grateful you are here and we think this is such an important subject and so we are just glad that you are here.

I am Susan MES.

I'm the Director of Events at Texas Home School Coalition.

I am also a veteran home school mom that is very excited about the opportunity to help families grow strong in in their home school journey.

And so THSC is here for you and we want to make all this great information available.

Wanted, I'd love to know where you all are from.

Please put things in the chat.

You can put your where you're from, how many years you've home schooled, any of that kind of information help meet each other.

Also in our chat is our amazing coaches team at Texas Home School Coalition.

If you are a member of THSC, we have this stellar group of ladies who are on call that you can call and get coaching and get help at any time.

But they're here whether you're a member or not today in the chat room.

So take advantage.

Please feel free to drop your questions in here, drop any of your information so that we can see that you're there.

You can answer each other's questions as well as lean on our coaches to to be here to answer questions.

So where is everybody joining us from? We would love to know.

Okay, so anybody can go in and take off their we hear a lot of little deans you want to go in your settings if you have a microphone on and make sure that those are all turned off and we will get started.

Give me just a second.

We had a little bit of a technical difficulty right before we got started.

But as we're getting ready to go, I want to introduce you to our sponsor of our of our webinar and Liberty Health shares an amazing opportunity for families to get healthcare in a different way and help with paying for that.

We're going to go ahead and roll a video and then I'll tell you a little bit more about them.

We are in a New Era, a new vision, Programs and values.

We are the premier example of a caring and efficient healthcare.

We are spiritually bold, transparent and offer cutting edge programs.

We are a compassionate source of hope and love in a harsh world.

We are all right.

So we are really appreciative of Liberty Healthcare.

They helped help us put on great content like this.

I'm so sorry.

Wait just a second, there we go.

So Liberty Health Care believes that your health care is your choice.

For 30 years, individuals and families have been using healthcare sharing to save on healthcare costs and embrace freedom in a like-minded community.

The structure of the sharing programs give members flexibility to select the amounts best fit their budgets, and they have been doing this for three decades.

I have several kids that use them and I just want to say if you are looking for a way, you need health care but are kind of overwhelmed with the way at the cost of insurance, I want to let you know that is a great resource.

So check out Liberty Health Care.

And now I want to introduce you to a very special man, Philip Telfer, who is here to help us with help my smartphone at my family.

So we all, I think at this day and age, understand that the smartphone and technology were in a technological revolution.

How do we deal that it with that in a way that we can bless our family and not be overtaken by it? Philip Telfer is a pastor and author and founder of Media Talk one oh one, a ministry dedicated to helping families pursue wisdom and balance in a media-saturated culture.

With over two decades of ministry experience, he speaks across the nation on the influence of media and technology, offering biblical guidance and practical tools for today's families.

Philip and his wife Mary have been married for 33 years and are blessed with four children and three grandchildren.

Philip was also my pastor for many years, so I come to this with a healthy do dose of respect and joy that you are going to get to hear from him.

To.

Philip is a home school veteran.

He has graduated all his children and now some of his children are generationally going on to home school their kids as well.

Philip, we're so grateful to have you here and can't wait to hear what you have to tell us.

Well, thank you so much, Susan.

I'm delighted to be able to share with really this community of home schoolers and I love it.

So let me just pull up these files here that you can follow along.

Hopefully you got the notes and you could download those and maybe you printed them off ahead of time and help the smartphone at my family in 1984, there was a film that came out.

I'm not recommending it, I just, but I did see it as a kid.

It was called Gremlins.

It was appropriately categorized as a comedy horror, and it tells the tale of these cup, this cupa mysterious creature that was actually given as a present from a by a father to a son named Billy.

And but this little creature had three rules that you had to follow and if you didn't follow him, something bad would happen.

They didn't know.

And so unfortunately Billy didn't follow the rules.

And the story takes this dark turn when the creature begins to multiply and then they trick Billy into, you know, breaking the other rule and then they morph into these little monsters, gremlins that just take over and they're destructive and they wreak havoc on the entire town.

They're they're terrorizing and even killing people.

It's horrible.

And as I think about that story, it makes me think about today's smartphones and how like the story of gremlins, many parents today just give their children with a seemingly cute and mysterious pet called the smart phone.

Unfortunately, there's not many rules that are governing smartphones today, and even if there are some rules, they're usually not followed.

And but what happens is the initial enthusiasm for the smartphone wears off pretty quick when the problems begin to arise and when they begin to turn into little monsters that threaten to devour your child.

Now let me just say this.

I'm, as as was mentioned, I'm a parent of four children.

They we've home schooled them all.

They're all graduated.

And you know, parenting is the most challenging thing you will ever do in your life.

And parenting has never been easy.

Just to ask Adam and Eve, you know, that they didn't have the easiest go at it.

And yet we parenting has gotten more challenging than ever in the digital age.

So I I come to this subject with a tremendous amount of sympathy and really compassion for parents and for children because we're, we're in an era like never before.

Now let me just share a little bit about myself besides my parenting and home schooling journey.

I've been speaking to youth and parents on this subject for over 20 years and that predates the smartphone, it predates YouTube, it predates Netflix, it predates Facebook and Twitter.

Now X, Instagram, Snapchat Tick.

Toxic, you know, So I've been in this this space for a while and I want to let you know I'm not anti-media or anti-technology or even anti-entertainment.

I just believe that we have some challenges we're facing and I want to help parents face those challenges with, with courage.

So let me give you a quote here that I have loved for many years by Neil Postman.

He's most known for the book Amusing Ourselves to Death, but this is from his book Technopoly.

He says It's a mistake to suppose that any technological innovation has a one-sided effect.

Every technology is both a burden and a blessing.

Not either or, but this and that, and that's really what we're facing.

You know, that the smartphone is not all blessings and it's not all burdens.

It's it's both of those things.

But let's talk about a goal and it's helpful to have goals on when it comes to handling technology.

And so maybe your goal is you want to have tech savvy children who don't act like zombies.

So that's as I come across, a lot of like, I just, I want them to be tech savvy.

I don't want to behave like zombies.

So that's Okay.

But I want to suggest a better goal and that is to find balance and to regain focus.

And primarily we need also a focus on Christ, but also a focus on relationships and the things that are most meaningful in life, life skills, good character, a lot of things that are being undermined, even even just attention issues.

So I believe that technology is not evil, it's powerful.

But like in the words of Uncle Ben, with great power comes great responsibility.

Now here's one of the challenges we're facing today is that we have no ancestral wisdom.

I couldn't when I was parenting teens.

My parents live on our property in their own house, but there are stones throw away and but when we were parenting teens, I couldn't go to my parents and say, Hey mom and dad, how did you handle smartphones? You know, when we were kids and they would just roll their eyes and like, Well, Phillip, you didn't have smartphones when you were kids.

Okay, Well, how did you handle social media when we were kids, you know, digital social media and they would roll their eyes and say, Well, Philip, we didn't have digital.

Well, how did you handle the internet or how did you have like you get like, I can't, they can't help me.

So I am a part of a generation that we, we're blazing a trail now some of you are going to be younger so hopefully we can start building some ancestral wisdom and that's what I'm trying to do here is to say, Okay, we none of us really knew what we were doing that this is kind of come into our lives like this tsunami and it's kind of swept us all up.

And for those of us who have survived, we're trying to now figure out, Okay, what's a, what's the a good path ahead.

So that's what I'm hoping to share with you today.

And as we think about this, here's a question: Can the smart phone be tamed and so we can test this, you know, actually what's interesting is you can take your smartphone and you can do this At Home if you'd like, but you take your smartphone and I've got mine right here and you can set it on a table, you know, maybe you want to put it screen down and turn the volume off and then leave it there for 24 hours and just ignore it and then come back in 24 hours and check to see if it's gotten into any trouble, you know, see if it's, see if it's, you know, kidnapped anybody, burned the house down, you know, or who knows, But we know that in 24 hours if you come back to that phone just sitting there, nothing will have changed, but that wouldn't be the case if you did the same Experience.

Experiment with like five kittens or even two puppies or even just one toddler.

You know, you can't leave them alone for 20 they, they're not tame.

Definitely toddlers are not tame.

But the but if you, if you brought in a wild tiger or even if it was a pet tiger cub when it got bigger, you know, it would be very dangerous in your household.

So again, the smartphone is relatively tame.

If you mute the volume, you turn off notifications, you put it down and ignore it.

It really does nothing.

So really, there's a better question we need to ask and that is, can we be tamed? We're the ones that need to be tamed.

And as we think about how our children are interacting with technology and and media, a lot of times we are frustrated with what we see, but parents aren't doing so great of a job, you know, right now and we're, we're all kind of struggling with this issue and our children are watching us, they're getting their cues from us, they're, they're, they're either getting some ancestral wisdom passed on or they're not.

So the question is, is it, is it inevitable that we as parents are going to be under this spell of technology and let it take over our lives or are we going to demonstrate to our children how to handle this technology wisely? And so what does that path look like for us? So let me share a few stats with you.

This is CDC did a study and they found that children ages eight to ten spend about six hours a day in front of a screen using entertainment media.

So that's not, that's not for school, that's just for entertainment.

Now, the worst, the most challenging age group is the eleven to 14.

Children ages 11 to 14 spend about nine hours a day in front of a screen using entertainment media and then it drops down a little bit.

Children ages 15 to 18 spend about seven and a half hours a day in front of a screen using entertainment media.

And I know the thought is going to be like, oh, well, we, we home school, it's we don't have that big of a problem.

And if you don't praise God, but one of the things I've found because I've, you know, been involved in home schooling for 30 years.

And the, the interesting thing is is, you know, we're more efficient in our schooling than the government schools and our children often have a lot more elective time than kids that are being managed, you know, by government programs.

And yes, there are there are challenges inside and outside of home school.

But Since we're thinking about home school, we do have to think about how much elective time your children have.

And then also the fact that, you know, if there's multiple children in the household, you have multiple ages and and it's difficult.

Moms have a difficult job and dads are not always present during those hours.

So screen time has become a huge problem in home schooling.

So we don't want to just say, well, this is not an issue for us, it absolutely is an issue.

So in fact, George Barnum, he's not talking about home schooling, but just in general, he said, media exposure has become America's most widespread and serious addiction.

And so that's that's quite a statement.

I want to talk about the dripping faucet because according to the EPA, a faucet that is leaking and has one drip per second will actually waste 3000 gallons a year.

It's kind of shocking, especially Since it takes 15,140 drips to make-up a gallon.

And so you don't think about how a steady drip can waste so much water.

But when we think about technology, we have a similar problem where our behavior on phones is maybe small, little interactions throughout the day that we don't think really adds up to anything, but it's like a dripping faucet.

It does add up.

In fact, according to recent data, the average person spends four hours and 37 min on their phone every day.

And it's interesting that a lot of that time is like those sessions are often under 2 min, so they're not long.

But it's this constant drip that's happening.

And in fact, Americans check their phone a 144 times per day on average.

And I've looked at several studies.

I picked the one in the middle because some show it a little bit less, some show it a lot more.

So this one's right in the middle, but a 144 times a day checking our phone, they actually call this checking behavior.

And let me just read a quote here.

This is from Just Co-Pilot when I asked give me a definition for checking behavior.

So checking behavior refers to the habitual and often unconscious act of frequently looking at one's phone for notifications, messages or updates.

It goes on to say, This behavior is characterized by the repetitive and sometimes compulsive need to access the device, often driven by the anticipation of new information or social interactions.

And again, this is the becoming the new norm today.

Now one of the challenges that we're also facing is I'm Gonna illustrate this by sharing a story with you.

I was speaking in Knoxville, Tennessee to a group of young people, and this was several years ago, and afterwards a boy about twelve years old came up to me and he said, MR Telfer, thanks for coming and sharing with us.

I really appreciate it.

It's been meaningful.

And he says, I have to tell you something.

He says, she says I he was talking about video games in particular, but he said, you know, I play, he says, I play a lot of video games and and they're not good and but then he began to share with me his situation.

He lived with his grandparents, so he was from a broken home.

And but what he said next really shocked me because for a twelve-year-old, I couldn't believe that he would have even even an understanding of what was going on in his own heart.

But I felt like he could be a spokesperson for this generation.

And this is what he told me.

He said, I'm lonely and I don't know what to do with myself and that just broke my heart.

I mean, it really gripped me.

I've never forgotten it Since I heard it.

I, you know, you just wish you could, you know, mentor someone like that.

But I was, I was coming into town and leaving town, but I haven't forgotten him.

And it's interesting that studies have shown that people between the ages of 16 and 24 are the loneliest generation according to new research.

Now how is that? How can a generation that has 20 four-seven connection through social media be so lonely? And the answer is, is that media is the wrong kind of fuel for the deepest needs of a person's life.

It actually doesn't fill the tank.

In fact, it often drains the tank the more time teens spend on social media.

All the studies show that they become more anxious, depressed and sometimes even suicidal.

And you know, when we think about what our kids are facing today and now my I have grandkids now and what they're facing today, I they, they're not things that I had to face as a as a teen.

I can't imagine what it would have been like to grow up with a device that allowed me to have 20 four-seven connection to all my peers, to have access to the world's largest collection of music and video games and movies and p*****, and all of that in the palm of my hand and portable and oftentimes sponsored by mom and dad, that is truly overwhelming.

I don't, not only would I have not fared any better, I really think it would have wrecked my already challenged teenage years.

So I am, I'm, I'm grateful for being a digital immigrant.

So I kind of immigrated into the digital age.

But I do have a deep compassion for the digital natives today.

Now we've had a slogan in my non-profit ministry, Media Talk one-one, and because it's not just how we handle the devices, but it's also the content that's being consumed on these devices.

And so I've been saying this for years, that every song is a sermon, every movie is a message, every TV is a teacher, every word's a weapon and a picture's worth a 1000 words.

Now I wrote that little slogan before there were smartphones, so I've kept it around.

I probably need to rewrite it, but it still applies today.

All of these.

We need to understand that when the Apostle Paul spoke to the church and the the Colossian Church and said, Don't be taken captive by philosophies or empty deceptions, he at the time philosophers traveled around and you know, they were itinerant speakers.

They'd come into The Village and village square and and he's saying, Don't don't be taken captive by their ideologies, and instead you need to be mindful about those things which are contrary to Christ.

Well, he never imagined an era.

I don't think that where the philosophers of our day are entertainers, they are sports stars, their musicians, their internet influencers.

And not only are we allowing our, our families to pay attention to them, we've got multiple philosophers in every household on every screen.

So we need to be mindful of that all right.

So couple action steps here before we get to our questions and answers because practically when it comes to the smartphone, I kind of use the approach of for the internet and for phones and technology like driver's ED course.

And that's for all of us who have gone through that.

It's, I don't know what's worse, home schooling your kids or taking them through a parent-led Texas drivers head course, we got all four of them through, but you know, there's four stages and what we want with a driving course is collision free drivers.

We don't want our kids just to get a license.

We want them to drive.

And the same thing.

I want my children to handle technology with wisdom, just like I want them to handle a car with wisdom.

But we know that a car is dangerous and the highways are dangerous.

We're not going to keep them from that, but we want to train them.

And so there's four stages in a in a driver's head class that I think apply to technology.

And the first is the environment.

When they're really young, they're not driving a car.

You don't hand the keys of your car over to your eight-year-old.

They're too young to be driving.

So but they are passive observers.

They see how mom and dad drive, so how you drive, whether you're a safe driver or reckless, reckless driver, that does affect them.

Stage two really comes when you know they're getting towards that 1415 years old and they're thinking about driving.

You should begin to MO mentor them and model it, like talk to them more about the rules of the road.

And then stage 3 is when they get to the age where they can get a driver's permit, 15 here in Texas.

And so they, they have to take a test, they have to prove that they know the rules of the road.

And then for the next year they have to log so many hours proving that they can do this safely with an adult.

Now, can you imagine if we approach technology like this? This would be revolutionary if we just said, Hey, we just need a better environment.

We need to show em how it's done, We need to model it, we need to mentor.

And then we need to have a period of time where they begin to handle it with supervision.

And then comes the driver's license stage when again, we don't want them to just have a license to use technology, we want them to use it with wisdom and to be collision free drivers.

Now, my children were guinea pigs in our household and I'll close this time of this little teaching time before the QNA with just a quick rundown of like, some things that we did because again, there was no ancestral wisdom.

I can't ask my parents, we're just kind of throwing stuff at the wall.

Well, your first born always gets at the worst, right? You know, So my firstborn daughter Elizabeth, she did not have a cell phone or a smartphone at all until she was 18.

That's how we that was.

That was experiment number one.

Did she like that? No, she didn't.

She was probably one of the only young ladies in her peer group that did not have a phone.

So but here's the thing, when she turned 18, she had more wisdom, she a little more maturity once she had the phone.

She's not thinking about all the years she didn't have one.

She's now navigating a phone and she doesn't look back.

She's now a mom with three kids.

She's not looking back regretting that we kept the phone from her during those years.

But you know, we had other experiments.

The second experiment was a shared phone.

My, my children were in a small, we were a small family business.

We were at a Farmers Market every weekend and we needed a phone.

They needed a phone to run transactions.

So I used AI get I used a Loner phone, basically an old iPhone that I had retired.

And you know, you can do this through your your whoever you use for your cellular service.

You can set up a parent-child account.

And so that's what I did.

So this Loner phone was set up on a child account.

It had a lot of guardrails and things that I could lock down.

And then I had three teams at the time that all had to share it and they had to use it for only what it was purpose for.

And then of course, I'm, I'm watching and we, we didn't really have any problems with that.

So that was experiment number two.

Now experiment number three was I was contacted by company Gab phones.

They're one of many now of smartphone alternatives.

These are phones that look like a smartphone but they don't connect to the internet.

And they knew about the work that I did and they said, Hey, we think you might be interested in this.

So they sent me a free phone and gave me service for like a year.

And at the time my youngest daughter was 13 and I said, Okay, experiment number three.

So I let her use the Gab phone and you know what? The Gab phone sat on The Counter for almost the whole time.

You know that she had it because it doesn't do anything.

It looks like a smartphone looks kind of cool in the back of your pocket.

If you're out with your friends, you can call, you can text, you can even take a picture, but doesn't connect to the internet.

And so that was that was also that that works.

So that's AI talk about this in more depth in my book, but the last experiment we had is that same daughter who had the Gap phone, and now they have things like the the Wise phone by Tech Techlus makes the Wise phone.

There's also just some other you can get old dumb phones now flip phones, but there's several companies that create these smartphone alternatives, and I'm a big fan of them because they it really worked just as it should have in our home.

But when my daughter turned 16, she came to me with a two-page DOC document that she had written up, making an appeal for a full-blown smartphone, laying out all like she made the contract, all the things that she would follow, all the things that she'd be accountable for.

And I was actually blown away because she's grown up around it.

She knew there's no way dad's going to agree to this unless there's all this.

So that was that was, and you know, I took one thing off that list and I added one thing on that list and we went ahead and gave that experiment a try.

So it was basically we had a contract that she herself wrote up and abided by that and that worked great.

So those are just some examples.

But we want to transition to a time of QA because there's a lot to say about this, but I want to hear your questions.

And so I think Susan, are you going to be pitching that? I'm going to be picking up questions here.

Let you answer some of these.

Yes, we called my oldest the guinea pig all the time.

I did tell him though, like, you know, yeah, it was harder on you, but also you got better birthday parties cause I got really tired by the time I got down to the younger kids.

So that's he said it wasn't, I wouldn't sure it was worth it.

Also, driver's licenses are harder than home schooling for twelve years.

So there you go.

That's just my little humble opinion.

So question number one, Philip, if you're a new home school or first time you're coming into this and you got to start with some tech boundaries.

What are How do you suggest that as a beginning? Okay, So I am a big believer that you should delay use of technology for as long as feasible and reasonable.

Again, I'm, I'm not anti-tech.

I wanted my children to all handle tech, but when they're younger you can skip it and, and studies have shown that actually book learning is better and and and this is coming from a tech enthusiast.

I was a kid, I wasn't home school, but I love technology and I'd go to the library and check out the popular science and popular mechanics magazines.

And so I am a tech enthusiast.

But at the same time, if we're just being practical and saying, Hey, is the goal really education and character building, then children don't need it.

And studies show that it's actually better for them to just open books and learn from books in time.

So so just I I believe you should just keep the door closed as long as possible.

It's much harder to manage that once you open the door, keeping the door closed.

It is not easy to keep the door closed, especially when you have peers and other families that are doing things.

This is a question that comes up.

So I'll just answer it here.

What do you do, you know, when you have other families, you just teach your children like what their last name is.

So I just teach, I remind my children your last name is Telfer.

It's not Smith, it's not Johnson, it's Telfer.

And in the Telfer household, this is how we do things.

That's my job as a dad to kind of set that those boundaries.

And so you're, you know, and I would also teach my children, we're not going to do things based on what other people permit, Nor are we going to restrict ourselves to what other people restrict.

I mean, that's not the way an independent family works.

We're not going to judge people if they're more strict and we're not going to judge them if they're likes less strict.

But it's not going to define how we're going to do things in our household.

That's so good.

Yeah, that that there's a lot of use for the in our family and our family rules are and that's great.

So here's a challenging question.

How can I get my husband off his smartphone and get engaged in setting limits for a son? Yeah, you just take a bat and you beat him over The Head with it and smash his phone.

No, that doesn't work.

Yeah, you know that that's a tricky thing.

Men tend to be less sensitive about this subject.

So it's really weird that I'm even in the space, you know, because it's mostly and you know, God has designed women to be sensitive in ways that men are not.

And so you know, nine times out of ten, even when I was speaking in schools and Christian schools and youth groups, you know, it's nine times out of ten, It's the girls that are more like sensitive to the subject and like concerned about it, or guys don't seem to be that concerned.

So that doesn't excuse them, but you do have to keep that in mind.

And then then there's biblical guidance about how you deal with when you're in disunity in the home between a husband and a wife and nagging is not the way to do it.

So the Bible shows us many examples of the power of appeal, a woman's power of appeal.

So, so I'm just a big believer in and that woman's real, It's a superpower she has, and you can make an appeal that's that's respectful, that's loving.

And without just trying to corner you corner a man, the game's over.

I'm, I'm not excusing them.

It's a terrible thing that men do, but they do it so, so don't corner them, but just have good discussions and do it in a in a loving, reasonable way.

And then, you know, Prov Again, just like working with kids, you got to provide some alternatives.

So that is a trick question.

It's not one that's easy to answer in just a little sound bite, but definitely follow the biblical guidelines that we have for dealing with conflict.

So you're saying that men respond better to a request for help than for then a a judgment of how badly they're handling their own phone.

Is that what she means? Men are fixers.

They like to, they like to come in and be the heroes and save something.

So it's if you're coming and saying, boy, you're a loser, that'll shut him down.

But if you say, oh, you're my hero, I need help, I need, we need to, we need Superman to come in and rescue this situation.

Can we, can we come up with an action plan, put a cape on you and let you fly in and fix this problem.

Most men will will say, Oh yeah, I wanna want to help fix the problem.

That's good.

That's very good.

Okay.

So do you ever do times of detox, like taking a fast from phones or do you suggest walking away from technology for a specific amount of time is a family? Yeah, I know.

I think more and more people are recognizing the need for digital detox now.

I've been teaching about media fasts for over 20 years when it wasn't trending, we didn't call them detoxes back then, but now we recognize that it's not only good for the soul, it's good for the mind, it's good for the heart.

And so yeah, you can, you can take breaks, you should take breaks and and but I'm, I'm a big fan of like having a good media diet rather than like just good habits that are healthy habits because yeah, if you go without and then you come back to it and nothing changes, that doesn't really help.

So so definitely taking having some no phone zones both places and times around the dinner table might be one of those that's really good to just have a no phone zone to when you're out to eat, when you're doing things and as a family, you know, just have those moments we're saying, hey, we're going to unplug.

Even if it's for these certain times, you should also put your devices to bed at least an hour before your own bedtime.

That's a it's better to do it two hours, but at least an hour.

Make sure all the devices that have a screen are in bed before your bedtime or your kids bedtime.

Yeah.

Okay.

So here's something that just came through in our chat and I think it's a great question because you know, back in the day we could just send our kids outside.

And it's harder now to do that for a lot of reasons and things that have changed in our culture.

So this is a mom, she says.

The hardest thing I've experienced is finding a way to entertain an only child living in the country while I work from home like goes in quiet alone.

Activities only go so far and it's so easy to say yes to playing a video game or watching TV, but the time adds up to easily each day and even with limits in place, it's easily turns into three plus hours a day.

Advice is appreciated.

So yes, those are real life challenges.

And so again, there's, there's not going to be an easy solution, but you do have to be committed to knowing that the solution is not more screen time because children are orienting to screens and you're allowing that to become what's ingrained in them, like that's the default now for dealing with boredom.

By the way, boredom was not in the English lexicon at the time that Webster's dictionary came out, you know, so if you look up bored in the Webster's 1828, it's not you, it's not there.

You can if you look at bore or like boredom is not there if you look at board, it's talking about like boring a hole with an auger, you know.

So so that's a new word and it's, it's a state of mind before that is all all families throughout all of history up until the modern era, we had to deal with tedium and there are tedious things in life and so giving them jobs and so what, I what, I've been a big advocate for replacing, rather than just taking away, don't just Take Away screen time.

So yes, the LEGOs are great.

That's a good example.

But unsupervised, you know, an unsupervised child, that's a difficult one and that's why the screen becomes so so easy to go to.

It's the, it's the babysitter on, you know, the digital babysitter on steroids.

But the short-term benefits that you get from that are going to have long-term deficits.

And so you just have to say these, these deficits are not worth it.

I'd rather struggle through and come up with the plan that doesn't involve screens because children lived and thrived in all sorts of situations long before they were ever screened.

So they actually don't need them, and they actually do better without them.

But they do have to make that transition.

But the more you let it keep going, the more it's becoming ingrained, the more it will be difficult to to pull away.

So so be brave, be courageous.

It's not going to be easy.

There's no, we are blazing trails.

This is we're learning to gain some wisdom.

We don't always have it.

But yes, but I would encourage you to to really limit that screen time, no matter what.

That's very good.

So do you have something you suggest as a healthy daily limit for kids as far as screen exposure? And and think of that because a lot of families partake of either classes online or some of the school workers has a screen in front of you.

So how do what's a healthy daily limit, let's say, just as a big picture and if they are spending a couple of hours at school with school screen, is that should that lessen the play time? S Well, you know, not that I give credence to the American Academy of Pediatrics, but it's interesting that they've done some, they're they've been saying for for years that no child under the age of two should watch any have any screen time, zero.

It is because of the developing brain it has that they know that it negatively affects the developing brain.

So so no screen time under the age of two over the between two and five there the recommendation is like less than an hour a day.

But general consensus among all those that are kind of looking at this subject from every angle like less is better.

And so they, they, they're the recommendation for older kids is is no more than two hours a day and of like entertainment screen time.

And again I'm not, I didn't base my, you know, family on what the supposed experts said.

But even the supposed experts are saying it needs less is more so so you need to really throttle that down.

There's more important things for them to do.

And in our home, I said no to a lot of a lot of things and but I said yes to a lot of other things that cost you more time and energy.

I helped my kids start a woodworking business.

I taught him we built a Wood Shop.

I was out with my girls and my son every week, you know, working on projects, going to the Farmers Market on the weekends.

That is not easier than just handing them an ipad or a or a phone, or letting them veg out in front of a TV.

It's much more difficult.

Cost me more time, money, energy.

But we're building, We're building good, good young adults here, right? You know, this doesn't happen easily.

So hard, hard things, you know, we got to do hard things as parents.

Hey man, that's awesome.

So one less when how can I help my students focus in a screen saturated culture? Because that does make it harder.

Have you found that in talking to people about media that kids are having a harder? Yeah, No, that's the studies have shown that that's one of the first thing that goes especially with television and screen time and young children, is their attention spans become shorter and shorter and shorter.

And the reason is is because we think of ten attention as just this monolithic subject.

It's not.

There are different types of attention.

And so screen, like the when I interviewed DR Dmitri Christakis for my documentary Captivated Off Screen, he asked me, he says, Hey, Philip, what, what's the do you know what the age, the average age of a child in the US that begins to watch television.

What age is that? And I said, I don't know.

He says it's four months old and and I and he asked me, he says, why isn't it younger than four? I said, I don't know, So he told me.

He says, because it's at four months old when you can sit them up on their own so you can actually prop them up and they'll but they will stare at a screen.

You don't have to train them to stare at a screen because this is what's called reactive attention.

We, we are attentive to things that move that are emotionally stimulating and that's why, you know, the little spinning things we put above the cribs, work and lights and you know, they put noises and lights and all the toys which I used to like deconstruct as a dad and take out the noisemakers and turn, you know, throw away the batteries.

But you know, we so that's reactive attention and we can experience that ourselves.

I, I don't like, I'm forgive me for those who like the sport of soccer, it's just not my thing, you know, but let's just say I'm out on a date with my wife and there's a screen somewhere and on there's a soccer game.

It's like the least thing.

I'm interested.

But guess where my attention is going if, if you know, the corner of my eye, there's a there's a screen and soccer's on it.

Like, I can't keep my attention away from it.

That's reactive attention.

You don't have to teach it.

It's just it's built in and that's what happens.

That's why we say, Oh, I look, my kids so attentive on the screen.

Yeah, anybody would be so are, so are the elderly people in nursing homes.

They're attentive to screens.

It takes no, no skill to do that.

But focused attention takes practice and skill and that doesn't come easy and it's being undermined by screens.

So the more time we're responding reactively to screens, the less time we are doing things that are training focused attention.

So, yeah, so that's, I think it's just helpful to know they're just different attention systems and it's not monolithic and screens have been proven to undermine focused attention.

Yeah, that's excellent.

So would love to have you have a last comment and part of that too.

I'd love for you to tell us about your new book.

Yes, That's right.

So I do have a new book and I don't know.

Is that I have a slide.

Maybe I can show that slide if I can go up and see if that.

I have to go all the way to the end.

Sorry about that making all dizzy.

This is the way editing is today.

Right, Okay.

Here we go.

So, yeah.

So I have a brand new book.

It's called Help: the Smartphone at My Family Parent Survival Guide for the digital age.

Right now.

It's only available on Amazon.

You can get it on Kindle, hardbound in print and paperback and hardbound.

And this is a is a just like this, this conversation here.

It's conversational, it's I hope it's winsome, it's hopeful.

And I'm really encouraging parents to blaze a trail to be brave.

So when you, if you get a copy of the book, you're supporting the non-profit as well, all the proceeds go to media talk, one to one, and then lastly, I just want to encourage you.

If you haven't known about this.

I spent several years building and on a free online course for teens.

Now some may say, Well, that sounds counterintuitive, Philip, you're just talking about screens.

Well, I told you, I'm, I'm a tech enthusiast.

I love online webinars.

I love online teaching content, and so I've contributed my own.

This is absolutely free.

I would encourage every home schooler.

Just incorporate that into your school year.

It's 19 lessons.

They're each a half hour long follow-along notes just like this.

Quizzes at the end.

And if you want to have a certificate of completion, you can get that at the end as well.

But absolutely free.

Helpful for your teens.

Do it as a family.

So that's, I'm, I'm hoping that we can all grow in wisdom.

That's my last word.

That is awesome.

That is awesome.

Well, we are so grateful for you being here.

This has been so needful and we've seen it.

It's timely that this is coming out.

We need to, we need to control this conversation and what is entering into our family.

Philip, thank you for all your great work and thank you for sharing it with us here.

We appreciate it.

I really invite you all to check out all of media talk one to one in these things that Philip is offering.

You will receive links with the replay of this video Since you signed up and so you will have access to all that.

And also for the book we are super excited for for him, I'm sharing that with us.

So this is TSC and we are so excited to share with you about US-As well because TSC is here for the home schooling community, particularly in Texas.

We we have a membership and help support system.

It the membership helps you if CPS shows up at the door, which I want to let you know that CPS is now expected that the numbers are that every one in three kids will have a CPS knock on their door and that's kind of a scary number.

They are there for kids that need help, but there is an overuse of the system and we want to help families remain free to raise their children as they see fit.

TC is there to walk alongside you if that sort of thing comes along, but they also we are here to support you in your home school journey.

Those coaches that were in the QNA, they are there for phone calls, every webinar we have, every thing that we have is good content we have in your portal that you can get on and you can watch any time to remember those great numbers, to remember all those things that will help you do your job.

You can go back and find subjects that will answer the need right at the moment.

So we we offer a membership.

It is a \$149 a year.

We have a special because you are on this great webinar today.

That is a \$120.

You can use the code screen time that gets you twelve months of access to all that TSC offers.

Not only replaces in our portal, we also every ticket that you would buy to a TSC event will be discounted.

It is CPS protection.

You have a hotline that you can call right away.

You have coaches that you can call for saying help, I don't know I do this.

The home schooling, I just think I should quit and they'll say, Oh, it's Okay.

Let me help you.

Let me answer your questions.

Discounts on lots of curriculum and other resources so it can more than pay for itself, it pays for itself and in peace of mind just in case they come to the door.

But it also pays for itself in the great content you have and the support that we offer.

So we want to offer this to you as a special for being with us today.

\$120 if you sign up with the code Screen time.

So that is what we want you to, to have that opportunity because we believe in our product so much.

We are, we are here because we love home schooling and we want it to thrive into the next generations.

So we talked about screen time, we talked about focus.

Our very next webinar is ready for you.

It is going to be awesome.

This is a brain scientist.

She hurt is focus please.

What to do when your child won't pay attention.

And when you say focus, please, think of it as a mom going focus, please, because your child is going off after squirrels and doesn't want to do this and wants to pick up their phone maybe.

So this is going to be a fabulous webinar as well.

Focus, please, you're going to have some great content, you're going to have some resources that she is going to set share DR Amy Lawson more.

She is from Virginia.

Can't wait for that one after that.

We have one in November And it's a lesson in generosity.

So you know, we talk about being thankful around Thanksgiving, but we also part of that is just being generous when we are thankful.

When we realize all that we have, it helps with generosity.

Brianna Cardiff Hicks, the American history education product you should project, you should check them out.

They're an amazing organization.

They also offer free content to home schoolers, but they are going to she's going to have a living book and craft experience for you and your kids on so that you can find ways to build that idea of how can we foster generosity in our children and in our families.

That's a beautiful way to share the love of Christ with those around us just by the ways we live.

So check your emails for these these webinars coming up.

The great thing about signing up, if you miss the webinar, you will get an email with the replay.

It will be for a week after that, you won't be able to access it anymore unless you're remember and you can go into the portal and watch it as many times as you want.

So thank you so much.

We thank our sponsor Liberty Healthcare.

Thank you to Philip Telfer for all of his great work and all he's done.

Thank you for the for the content you share with us today.

Philip is really encouraging and helpful and I hope it helps our families.

Thank you all for being here and thank you for our big team behind the scenes making this possible.

Have a good day.