




The Digital Distraction II


Creating Spaces for Lessons Learned, Reflective Practice & Strategies


Presented by Tracy Ellis-Walters, M.Ed.


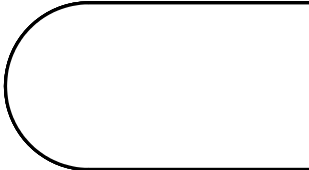



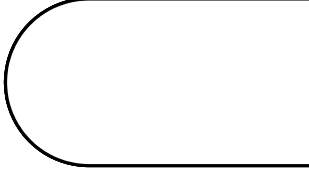








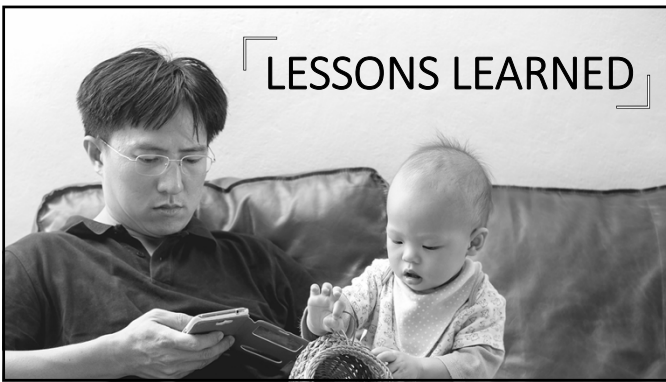






QUICK REVIEW

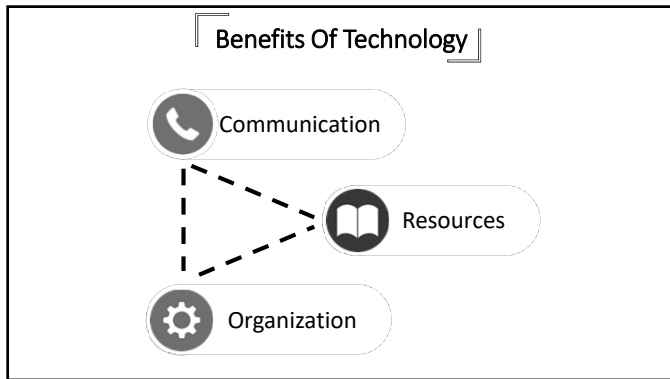


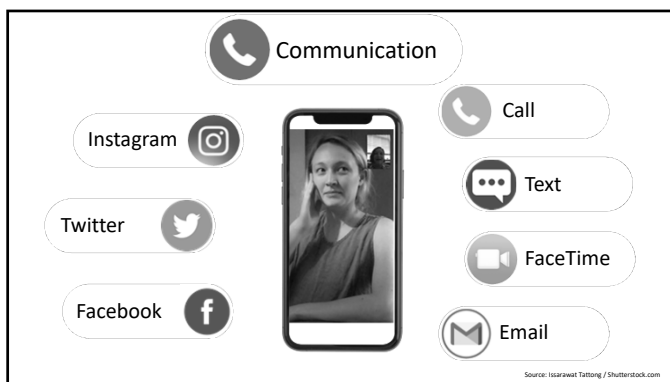


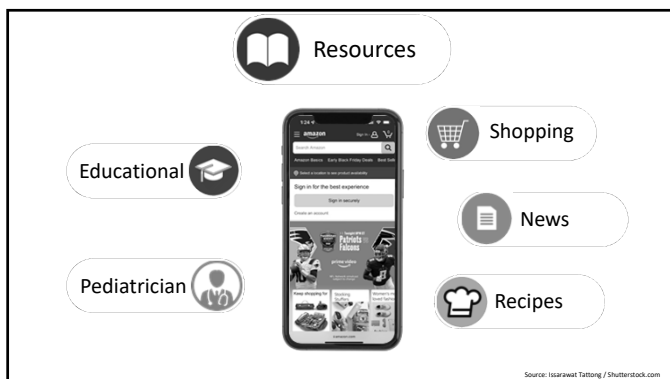
Implicit Bias

“Research on “implicit bias” suggests that people can act on the basis of prejudice and stereotypes without intending to do so.”

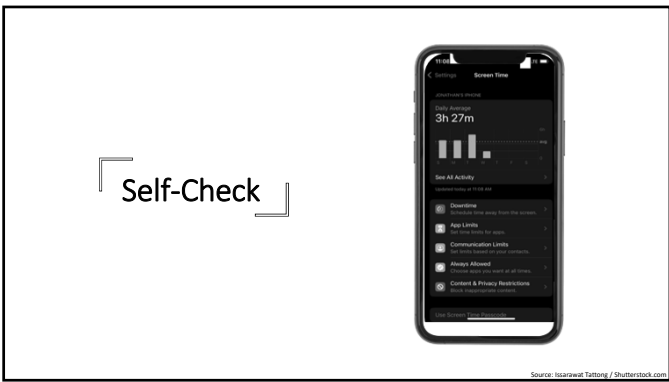
Source: Stanford Encyclopedia of Philosophy

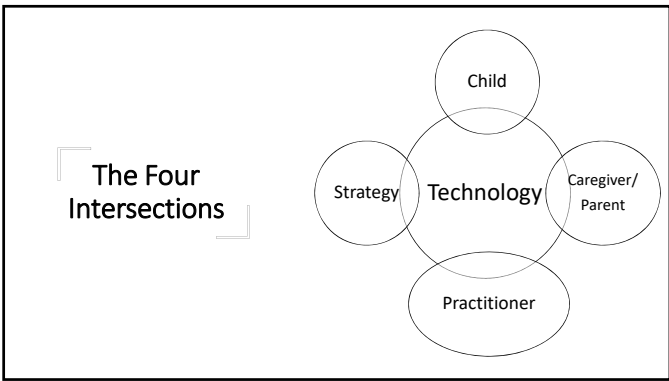




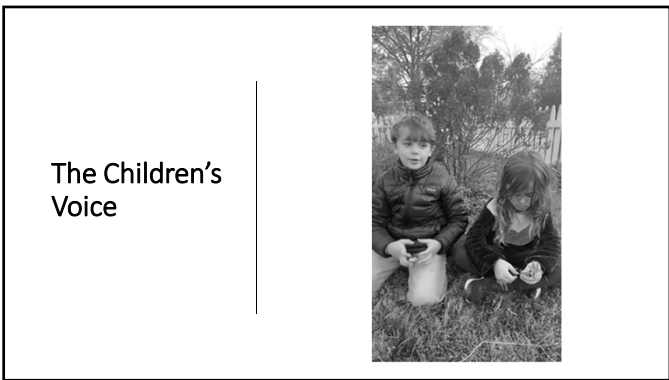


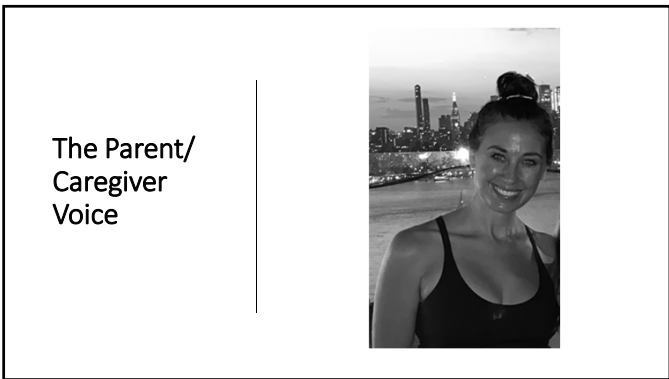












The Practitioner's Voice

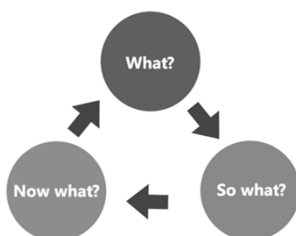


Reflection: A Definition (1)

'Reflection is an important human activity in which people recapture their experience, think about it, mull over & evaluate it. It is this working with experience that is important in learning'.

Boud, D., Keogh, R. & Walker, D. (1985) p 43 *Reflection: Turning Experience into Learning*. London: Kogan Page.

Reflective Practice



Reflective Practice

- Understanding the Family Story
- Holding The Baby/Child In Mind



Professional Attunement

"It is our ability to be present to, and with, another's expression of their experience."

Source: Erksine (1998)



Professional Attunement

- I. Body Language
- II. Eye Contact
- III. Leaning In/Out
- IV. Assess How Big is the Parent/Caregiver's Exploratory Space
- V. Safety & Pacing of Information
- VI. Establish "Skill of Connection"

Source: Erksine (1998)





Entering Into The Conversation


Conversation Starters Without Judgement

"Tell Me More About..."

"I Am Wondering..."

"Help Me Understand..."

"Something you said earlier reminds me..."



Professional Attunement

- Discuss media use in the context of daily routine
- Do some experimenting
- Encourage time for single-tasking
- Find replacement strategies for regulatory uses of media

Source:
Radesky (2020)

Practical Tips To Reduce Technology Use

- 1

Create a tech free hour
- 2

Phones in the middle
- 3


Monitor phone use

Source: Family Online Safety Institute (McCrae, 2017) Source: iStockphoto / Shutterstock.com

Digital Detox

- Create a digital fast
- Digital abstinence
- Specific app detox
- Ask friends and family for support
- Adopt replacement behaviors/activities
- Spend more time outdoors

Source: verywellmind (Cherry, 2020)



Family Goals/Outcomes

Goals

The desired results or outcomes that a person or organization plans and commits to achieve by a specific time and toward which effort is being directed. Establishing specific, realistic, and time-targeted objectives is a key component of goal setting.

Creating A Family Plan

Value	How to Get There	Practice

“What We Do in Life, Echoes in Eternity”

Anonymous



