

Getting Started

Aubrey Schmalz, OTR/L
Distractions and Disorganized
Copyright 2019



Formula for Success

Aubrey Schmalz, OTR/L
Distractions and Disorganized
Copyright 2019

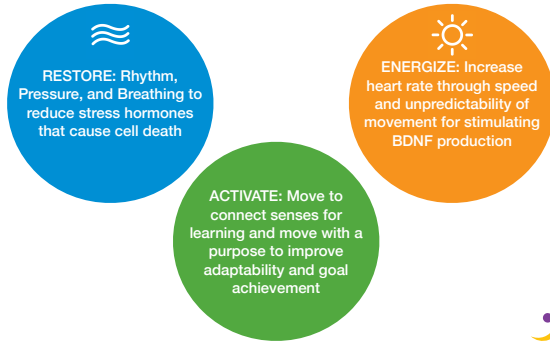
MOVE: Exercise, BDNF, and Cortisol

- Yoga and Breathing reduce stress and cortisol levels (Perciavalle, et. al, 2016), which is responsible for facilitating the process of cell death, reduction in dendrites available for synapses and shrinkage in the limbic system
- Cardiovascular exercise increases the production of Brain Derived Neurotropic Hormone, which stimulates neurogenesis (Best, 2010)
- Cognitively engaging exercise has a stronger effect on executive functions of adaptability and goal-directed behavior (Best, 2010)

Aubrey Schmalz, OTR/L
Distractions and Disorganized
Copyright 2019

Check out Body Activated Learning Playlist on the Sensational Achievements Youtube Channel

Digitally Mindful Movement: Exercise, BDNF, and Cortisol



Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019



Regroup

Vision Break, Stretch, and Breathe







Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019

Visualization instead of Visual Stimulation

- Visualize goals daily
- Visualize before beginning a task - Have children see themselves **DOING** and **DOING IT WELL**
- Visualize success for important challenges or in social situation



Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019

Screen Time Recommendations

- **Younger than 18 months**, avoid use of screen media other than video-chatting.
- **18 to 24 months**, choose high-quality programming, and watch it with the children to help them understand what they're seeing.
- **2 to 5 years**, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- **6 and older**, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

American Academy of Pediatrics



Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019

Parent Action Steps

- **Be Present.**
- **Make a Family Home Plan for Media and Screen Time**
- **Create White Space**
- **Move with a purpose!**
- **Make plans for Weekly Digital Detox**



Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019

Do what I say, Not what I do?

- **Be Present.** Technological interruptions are associated with child problem behaviors. Children need your guidance and modeling to learn how to manage technology to be creators, not consumers



Aubrey Schmalz, OTR/L
Distractions and Disorganization
Copyright 2019

Do what I say, Not what I do?

Common Sense Media (CSM) suggests that in a survey of 1200 teens and parents:



- 50% of teens consider themselves to be addicted to their mobile devices.
- 27% of those same parents would describe themselves as being addicted to their devices.



Aubrey Schmalz, OTR/L
Distressed and Disorganized
Copyright 2019

Make a Plan

<https://www.healthychildren.org/English/media/Pages/default.aspx>

Family Media Plan

Screen Time
Calculator

American Academy of Pediatrics



Aubrey Schmalz, OTR/L
Distressed and Disorganized
Copyright 2019

Device Free Zones: Create White Space



We love technology
BUT
Family time
is a
PHONE FREE ZONE!



Aubrey Schmalz, OTR/L
Distressed and Disorganized
Copyright 2019

Move with a Purpose!



Digital Detox (Home and Community): Reduce Stimulation and Increase focus for attention



- Low stimulation, nature hikes/projects/outings, quiet spaces, yoga/meditation, little to no screens and technology, accomplish a goal as a family



Aubrey Schmalz, OTR/L
Distressed and Disorganized
Copyright 2019

Mental Health Initiatives

- Add **digitally mindful movement activities** to therapy programs, school-based supports, and in conjunction with other skill-based therapeutic approaches.
- Sponsor **Digital Detox Events** at local Parks and outdoor venues. Educate the community on ways to balance screen time and movement
- Create **device free zones/experiences** to encourage connection and collaboration
- **Mental Health Programs:** Start asking questions about screen time, social media, and video game play. Establish a child's digital profile as part of a total support plan.



Aubrey Schmalz, OTR/L
Distressed and Disorganized
Copyright 2019

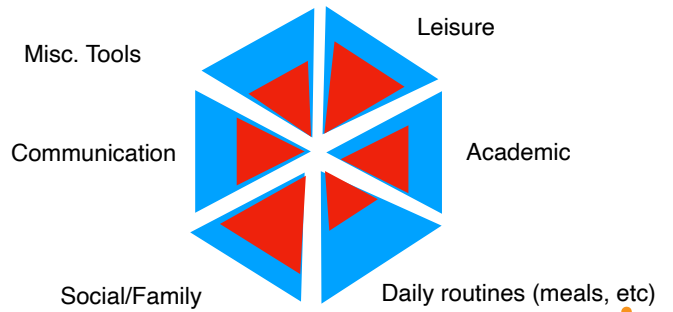
Host Community Digital Detox Events: Let's Unplug

- Device free dance parties
- Back to nature events
- "Disconnect Day"
- Real Life "Gaming" - Field Days
- Digital Education and Ethics courses in school



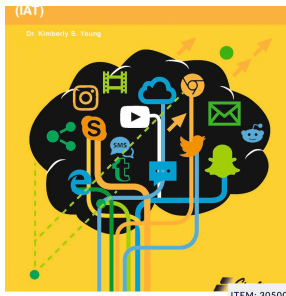
Aubrey Schmalke, OTR/L
Distraction and Disorganization
Copyright 2019

Screen Time Survey



Aubrey Schmalke, OTR/L
Distraction and Disorganization
Copyright 2019

Internet Addiction Test (IAT) for middle school to adulthood and IAT for Families



<https://stoeltingco.com/Psychological-Testing/Internet-Addiction-Test--Kit-IAT-Kit-10448>



Aubrey Schmalke, OTR/L
Distraction and Disorganization
Copyright 2019

Creating a Screen Time Balance allows a child to...

- Engage in activities to self-regulate emotions and arousal
- Establish motor skills, social skills, academic foundations, and play skills
- Interact with and explore the environment to learn independently
- Expand the capacity for building resilience and problem-solving



Aubrey Schmalke, OTR/L
Distraction and Disorganization
Copyright 2019

How Can You Take Action?



Available at www.aubreyschmalke.com

Tips to Help Kids Succeed in a Digital World

Expert advice designed to help you identify a child's digital profile and practical ideas to help children succeed!

By Aubrey Schmalke, OTR/L

FREE Digital Download on Tips to Help Kids Succeed in a Digital World



Aubrey Schmalke, OTR/L
Distraction and Disorganization
Copyright 2019



Subscribe to Sensational Achievements and Aubrey Schmale



Aubrey Schmale, OTR/L

www.aubreyschmale.com

www.sensational-achievements.com

www.bodyactivatedlearning.com

203-200-7256

