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Interviewer: mother of 2 sons ages 6 and 11

Interviewer: So first of all, tell me about your family. Children you have and what ages they are.

Jill: I have two and they are six and 11.

Interviewer: Oh, that's so perfect. Okay. So tell me about the devices your family owns and how your family uses them.

Jill: Okay. So we have TVs, smartphones, a laptop, but the kids don't use that, and they don't use the smartphones either, unless it's just for a few minutes, but typically it's not.

Interviewer: Okay.

Jill: We don't have iPads. We have kindles. Yeah, that would be about it. We don't have any game consoles.

Interviewer: Oh, okay. So are any of those, are they all jointly owned, or who?

Jill: So they each have their own kindle.

Interviewer: Okay.

Jill: The rest of it, and then my husband and I both have our own kindles and phones.

Interviewer: Okay.

Jill: But yeah, and the TVs are just kinda in our house.

Interviewer: Okay. And do they use devices anywhere else? Like friend's home, relatives?

Jill: Yeah, I'm sure they probably use stuff when they're at friends occasionally. Relatives sometimes. They don't really use them here at the library. Daycare, they only go to afterschool one day a week, so occasionally they do. I don't think my 11 year old typically does there, but my six year old always likes to of course wait in line for them, because they only get like 10 or 15 minutes and they have to take turns. So a lot of times, it's not his turns.

Interviewer: So it sounds like there's not a huge [inaudible 00:01:54], kind of play with friends and relatives.

Jill: Yes.

Interviewer: Do you know what devices they do use?

Jill: Not so much at friends I guess. I know my 11 year old, one of his friends has an X Box, so I think they play games on that sometimes. He's not over there very often though. And then his other friend, I'm not sure. I think they have a game console too, but I'm not sure what it is. And then I would say TV is what they mostly-

Interviewer: Okay.

Jill: And then as far as relatives, that would mostly just be TV, and then occasionally at my parents they'll play, I think it's an X Box.

Interviewer: Okay. And you have a laptop, did you say?

Jill: We do.

Interviewer: What did you say?

Jill: We have a laptop, but they don't ever use that.

Interviewer: Okay. Okay. And do they ask to go on for anything at all, searching for information, or YouTube?

Jill: My 11 year old sometimes, he has done google searches just for school. But other than that, they don't use it for YouTube or anything like that. They would either use the kindle or TV, we have a fire stick.

Interviewer: Oh, okay. Okay. That's helpful. So let's talk about the kindles and let's talk about them separately for the six year old and the 11 year old.

Jill: Sure.

Interviewer: So let's start with the kindles. So how do they use them?

Jill: So what do they use them for or how often or?

Interviewer: Everything, mm-hmm (affirmative).

Jill: Okay. They use, my six year old likes to read on it, my 11 year old does not. The 11 year old typically uses it for games, although he will use it just to stream music. And then my six year old, mostly game, some books. I don't think he knows how to stream music or anything, so it'd just be games and books. Oh and I'm sorry, if we're going somewhere, then we'll let them download stuff from Netflix, the stuff that's downloadable and they can watch that on the car. But that's only when we're going longer distances.

Interviewer: Long, yeah.

Jill: Not like here in Madison.

Interviewer: Sure, sure. Mm-hmm (affirmative).

Jill: So we don't really have time limits on it. It's not like we'll say an hour a day or anything like that. But more just, okay yeah, you can go play on your kindle, but you're not going to play. It's usually like half an hour or something like that, but sometimes it's more, so it's not really a time limit. It's more of just okay you can play, and then okay yeah, you're done.

Interviewer: Okay. Mm-hmm (affirmative). And how do you decide that yeah, you're done?

Jill: It kind of just depends on the day, there's no real set rule in our house. I know yesterday that it was a no school day, so I worked from home for half of the day. So I was a little more lapse on that since I was trying to get stuff done.

Interviewer: Yeah.

Jill: But then in the afternoon, they had to go do errands, and they had karate and stuff like that, so they weren't on it as much. So yesterday, yeah. So stuff like that I was a little more relaxed.

Interviewer: So yesterday was not typical for a school day.

Jill: No, they wouldn't be on it that much, correct.

Interviewer: And then talk me through television.

Jill: So they don't watch it in the morning. I'm trying to think. Today, normally on Tuesdays they might watch it afterschool for half an hour, and then they both have karate, and then we come home and it's dinner, homework, shower, that sort of stuff.

Interviewer: Yeah.

Jill: I'm just trying to think how many days per week. So do it Monday, Tuesday, Wednesday. So maybe like two weeknights. Is Friday? I don't know. I guess Friday is not really a weekend.

Interviewer: Uh-huh.

Jill: So on Thursdays we'd probably let them watch TV for probably an hour, but then they wouldn't be on their kindle if they were watching TV.

Interviewer: Yeah, yeah.

Jill: And then on weekends, they probably watch more TV. But again, that kind of depends on if we're home and what we're doing, and obviously more so in the winter.

Interviewer: And you have a fire stick. Oh yeah, the winter things a really good-

Jill: Yeah. So if it's nasty outside. Yeah.

Interviewer: And so, does that mean they chose what they want to watch when they want to watch it?

Jill: Yes. So we have Netflix, so they can watch that, but we have it set to the kids profile, so it's only certain shows that show up. And if there's something else that they want to watch ... So sometimes my 11 year old might ask for something else, and then ... You know, like I want to watch this, what is that. I kind of just read what the rating is and what it's about and he watch that.

Interviewer: Great. So you're using. Well I'll come back to the ratings because that's really interesting. Okay, so how does that fit into your family routines? It sounds like, so when they have a lot of time inside because of the weather or because you have other obligations, then they might have a little more screen time.

Jill: Yes.

Interviewer: And then it sounds like you have down time after school and there might be a little slot there.

Jill: A couple days, yeah.

Interviewer: And then traveling, long distance traveling. Screen media fit into there. Any other times you can think of where screen media fits into your routines?

Jill: Not a whole lot. So both of my boys do karate, but my 11 year old has more classes and does some tournaments and stuff like that, so there's a lot more sitting around and waiting for him. So sometimes my six year old. Or he will different friends, friends at karate and their parents that we've gotten to know, he'll kind of sweet talk them into what are you playing. And I'm like stop it, and then of course he charms them, oh it's okay. So sometimes he will a little bit more. I mean, most of the classes are only half an hour. It's usually those tournament days that sometimes seem to go on forever, that we're kind of like bribing him to just sit.

Interviewer: And sometimes they'll borrow your smartphones?

Jill: Occasionally, yeah. That's pretty rare.

Interviewer: And what kinds of things do they want to do on those?

Jill: I'm trying to think. I don't have any games on my smartphone, so that's probably why they don't ask to use my phone very often. I think my husband just has one game on his phone. Like Jet Pack Joyride or something. So I think if my six year old is really bored, we're sitting, can I use your phone.

Interviewer: Uh-huh.

Jill: Again, that's pretty rare.

Interviewer: Just kind of time killer. So you said they use their kindles for reading too?

Jill: My six year old does.

Interviewer: Just your six year old, yeah, yeah.

Jill: And he's just beginning reading, so it's more like the pictures, some words. Starting to read, but-

Interviewer: Yeah, yeah.

Jill: So I, with Amazon Prime, I just download and get the free books that I can for him. They're early reading.

Interviewer: Mm-hmm (affirmative).

Jill: Books.

Interviewer: And then how does that fit in with routines around reading generally?

Jill: So I count that more of, or kind of towards the screen time, even though it's reading, just because I'm usually not right next to him to monitor. You know like oh well you read for ten minutes, so I'm going to extend your kindle. We don't really do that. That kind of counts more towards kindle time.

Interviewer: Okay.

Jill: And so reading would just be separate that we would do throughout the day, actual books. And my eleven year old does not like to read on kindles.

Interviewer: Oh. Does he read otherwise?

Jill: He does. He reads just regular books, but he doesn't like to read on devices.

Interviewer: Yeah, yeah, yeah, interesting. So thinking about how things have developed since they were young, how have routines been established? How have those routines changed?

Jill: I think as they've gotten older, especially my 11 year old, as he's gotten older we've changed things. I think sometimes because our six year old is older, it's kind of like the second child syndrome, where it's like oh your brother can do this because he's older and he's 11 and sometimes we're a little more lax with our six year old because of that. I think overall, we used to be a little more strict with the amount of time, with screen time. I'm trying to think. That was mostly TV because they didn't have kindles.

Interviewer: Yeah, when did they get the kindles?

Jill: That's what I was just trying to think. I think my older son got it when he was maybe eight.

Interviewer: Yup. That sounds typical.

Jill: I'm thinking. My younger one got it when he was five and that was because he would always borrow either ours or his older brother's. And also because of price had gotten much cheaper. I can't remember how much we paid for, I mean, it still wasn't a ton of money.

Interviewer: Yeah.

Jill: My older son's kindle, but, so I think he was five. And they were like \$30 at the time. Yeah, anyways.

Interviewer: Yeah. Okay. So they use them, it sounds like you are monitoring their television really tightly. You told me about some things that you're doing with television, but then they watch independently, you kind of set them up.

Jill: So on the kindles we have the parental, it's like parental controls set up, so they can't ... I think they're both set so they can't access the internet. So it's literally just, they have to have my amazon password to get a game, so I either change it. My six year old doesn't know what it is, my 11 year old does. And he doesn't really, he still asks, but every once in a while I'll change it just to ... So they really don't have access to much because of those controls where you can limit and filter things a lot.

Interviewer: So they then are able to use some independent-

Jill: Yes, yes.

Interviewer: You feel like you provided that kind of scaffold for them to use it?

Jill: Mm-hmm (affirmative).

Interviewer: Use it independently. So you said you download some things when you're traveling. So when they're using the kindles-

Jill: So then that's ... Yeah. So the books or the Netflix, you can download some of the Netflix shows, not all of them, or some movies. I don't know how they decide that, probably the ones that aren't as new.

Interviewer: Right. Right. And games?

Jill: The games for the kindle would be through amazon, and those they have ratings, so there's a certain age, I believe. Although my six year old always asks me, so now I'm trying to think. And I only let them get free stuff because I don't want to pay for it.

Interviewer: Sure.

Jill: But he asks me every time he gets a game, so it must just be set up for every, or at least on his. I don't know, I'll have to check that now.

Interviewer: Yeah, interesting.

Jill: Because I don't remember.

Interviewer: Yeah, yeah. So they ask you, they'll see a game and they'll ask you? So the kindle is advertising games?

Jill: There is a, I'm sorry, there is a, I believe it's called, not an app store, but something like that.

Interviewer: Yes.

Jill: So there is an icon on the kindle that says amazon, whatever theirs is called, app store. Yeah, so they just click that and search for games.

Interviewer: Okay. So how have you made these decisions about using parental controls? About providing kindles? Not providing, not having a game console? Just tell me about your decision making.

Jill: I know, this probably doesn't make much sense, but I've kind of drawn the line at the game console of you can play games here, you can watch TV. And obviously if they're at somebody else's house, then I'm not going to be like you can't play it. So-

Interviewer: Sure.

Jill: I don't know, and some of that is probably just from my own experience when I was a kid. We had an Atari for literally like two days, it was my cousin's and they had gotten the new Nintendo, and so they gave us the Atari. And my brother and I were playing it, and we just were like obsessed. And I think my parents had said something, like it's time for dinner or something like that, and we just kept playing. And they probably said it several times, and we didn't listen. And my dad actually took it away, and we thought oh, we'll get it. We never got it back! So I still say to my parents where is the Atari, my dad's like I don't know.

Interviewer: That's so funny.

Jill: I got rid of it. So that's probably some of it, where I just kind of draw the line at that. Probably doesn't make much sense, but yeah.

Interviewer: No that totally, that's really interesting because I've had professionals as well and parents reflecting on their own, how else do you make sense of something, reflect on your own experiences and your own emotional responses to things.

Interviewer: When you're deciding on the games, do you think about if they're educational or not? Do you-

Jill: Honestly, not really. I just make sure they're not too violent or, I'm trying to think, that's usually the case. I'm trying to think if there were other games that they've asked for that, I think it's usually just violence. And some of it probably isn't as bad as I'm picturing, but I look at it. Or the name of the game sounds violent, and I'm just like no.

Interviewer: Mm-hmm (affirmative). Mm-hmm (affirmative).

Jill: Go get something else.

Interviewer: Uh-huh. So the games are, you're not just limiting them to educational games? The games are for their play time?

Jill: Right. Right.

Interviewer: Play time. What about the Netflix shows?

Jill: Same. They can watch whatever as long as it's, I forget what the rating, how they have the rating set up. I think I have it. I don't remember what it is. I think it's like an age or something.

Interviewer: I should know that. Okay. So you're worried about content it sounds like, like inappropriate content, violent content.

Jill: Right.

Interviewer: Any other things that you're worried about?

Jill: As far as games and media?

Interviewer: Any kind of screen media.

Jill: Okay. Well I think it's like Roblox or something, the game. And I wasn't very familiar with it, and so my 11 year old had downloaded it and they were playing it and it was fine, and then I was standing there and I saw a message come across. I'm like what is that. He goes oh, people can type stuff. And I was like no! And he was like why, I'm not even responding. And I tried to explain, you don't know what people are going to do or what they're going to say and I don't want them. So that sort of stuff, but I think that's the only game, the other ones are all like I have checked and there's nothing like that.

Interviewer: So you-

Jill: There's no other interaction with other users, I guess.

Interviewer: Okay. Yeah, yeah, yeah.

Jill: So I am concerned about that sort of stuff. And I think as he gets a little bit older, it wouldn't ... I don't, maybe it would be on the kindle, I guess I'd have to check that. But I think, he has a phone, but it's not a smartphone, it's just a flip phone kind of. So he doesn't have internet access on that, but I'm sure that at one point he will have a smart phone. So worry about, obviously, how he's texting and just any apps he might have. Especially ones I'm not familiar with, so we're just trying to keep up on that. But that's sort of just looking a few years down the road.

Interviewer: And you've kind of said things about time that you kind of have a sense of when enough time has elapsed basically. So are you concerned about time, spending too much time on screen media?

Jill: Yeah, I think sometimes there's always that, ugh are you spending too much time, I should be doing this with you instead, feeling guilty. Yeah.

Interviewer: Yup.

Jill: Yeah, that's just ... And I think some of it is that when I was a kid or my husband was a kid, we didn't have this stuff. There was the Atari, and that was the extent of it, or I think my uncle had a computer that I would, he didn't really have any games though, it was like hang man and I think as I got a little bit older, I think he had wheel of fortune. And then what was the other thing? It wasn't a game, but I was really into it. Now it's super easy, but at the time it wasn't, you would have had to get a calendar where you punched in your birthday and then you could figure out what day of the week you were born, so if it was a family function I'd

go around to everyone, what's your birthday, and I'd come back an hour later like you were born on Wednesday. They were not nearly as amused as I was. So I don't think our parents really worried about that because there wasn't anything, I mean, there was TV.

Interviewer: Mm-hmm (affirmative).

Jill: Yeah, so I think some of it is just we're that first generation dealing with this stuff with our kids. And you hear all sorts of different things.

Interviewer: So you've taken advice from somewhere to put the parent controls on. Tell me about where that advice came from, if it was just on the devices.

Jill: I'm not really sure. Maybe it was just an option on the device, and it was in my head if you have this device, I want to be able to have some sort of control over it.

Interviewer: Mm-hmm (affirmative). Are there any other websites or magazines? Any other sources of advice?

Jill: Oh I'm sure, I just don't know that I'd be able to name something specific. Yeah. For sure. Any magazines or books.

Interviewer: So it's kind of on your radar, in the air, when you go to the doctors office and you're searching through a magazine, you might come across something.

Jill: Right, yes. And it's interesting, because, I can't remember, I was doing, I don't remember what the topic was, it was a workshop or a training I was doing at work and the question came up from, I don't remember if it was a parent or maybe a child care provider about screen time, like what are the recommendations of time limits. And at that time I had just read an article saying that the American Academy of Pediatrics was changing their recommendation on screen time and I can't remember if it was the age maybe. I don't remember.

Interviewer: Yeah. They come with a more flexible.

Jill: Yes.

Interviewer: Information that's more suited to individual contacts, so it's a family plan that you make, that you create.

Jill: Okay. I just couldn't remember.

Interviewer: Yeah, yeah, yeah. But that was a big change, because it was very, very little.

Jill: Yeah. Like an hour or two hours a day, and even at my six year old's checkup, and I didn't think about that until now, they usually ask. I mean, they still ask all

the same questions. Are you active and do you have friends. But it used to be, in screen time, do you limit it. Maybe they did ask, I just don't remember. I'll have to pay attention when my 11 year old goes, but it just seems like there's less of a focus on that.

Interviewer: Mm-hmm (affirmative).

Jill: In check ups.

Interviewer: Oh, I see. Okay. Let's see. Okay so the doctor, it sounds like your pediatrician has at least asked.

Jill: Oh yes.

Interviewer: Do they also provide advice?

Jill: They do. They always ask when we go in, they give you a checklist of topics, they're all across the board of things that you want more information about or you have concerns about or you have questions about, so that's always one that you can mark.

Interviewer: Okay. And have you done that?

Jill: I don't think I have. But they also give you handout on all sorts of things to take home. Some of it's just like child development, some of it's health, some of it's screen time, all that sort of stuff.

Interviewer: And what about school?

Jill: School, I don't know that I've really, there's really been a whole lot of information about that. I know that at least in our school district, I know some school districts, each child gets a chrome book or each child gets an iPad or whatever, depending on their age or their grade. In our school district, that doesn't happen. So maybe that's why it's sort of just been not as big of a topic. I know my six year old, they go to the computer lab. It's not very often at all, maybe once a month. Yeah, it's not, maybe twice. I'm not sure. I'd have to double check.

Interviewer: Okay. Okay.

Jill: With him. But it's really not a lot at all. My 11 year old, I think they use it more often now because they're also writing more papers or stuff like that, or doing research.

Interviewer: Yes, that makes sense.

Jill: I know this year, they have Chrome books, but they're not assigned to them. So I think it's a combination of the teachers can check them out and they can use them in the classroom, or they go to the computer lab.

Interviewer: The library, have you ever, do the kids-

Jill: Here?

Interviewer: Yeah.

Jill: I mean, there's just very limited computers here. I think there's like five or six, which I know they're going to expand when they expand the library.

Interviewer: Yeah, yeah, yeah.

Jill: I'm trying to remember the age. It's either 11 or 12 that kids can use the computers on their own. So kids can be in the library. So if I wanted to, I could drop my 11 year old off if he wanted to come to the library. He can be here alone when he's, I think it's nine, but you can't use the computer alone until you're 11 or 12.

Interviewer: Okay, okay.

Jill: So we had come here because something was wrong with the laptop, it must have been, so we came here to use the computer because he had to finish a paper or something.

Interviewer: Right, right, yeah.

Jill: We needed to print it out, I'm like okay. So I think I was going to take, well he's probably five at the time, I said I'm going to take your brother downstairs to look at books, you can use a computer, I didn't know it was a rule. So that person was like no, you have to stay. I'm like okay, so yeah. So no, we have not used very much here.

Interviewer: Okay. So all the decisions you made, all the ways your navigating all of this part of your kids wellness, right? What advice has been particularly useful, if any?

Jill: As far as media?

Interviewer: Yeah, any kind of screen.

Jill: I think some of it has been, some of it I think I've learned through work because we work with kids and parents. Just trying to provide, remind them about checking on stuff that your kids are accessing, it's been more along those lines, you don't know what it is that they're accessing, especially as they get older, and

you can't just hand them your phone and let them search on YouTube because who knows what's going to come up.

Interviewer: Yeah, so now you're really using the parent controls to help you, and you said also the ratings on things, on both Netflix and the games there are ratings.

Jill: Yes.

Interviewer: When those, when they go beyond PG-13, you know-

Jill: Yes. So that would be, I think, I cannot remember what movie it is, it was like Star Wars or something. It might be one of the Star Wars movies that's PG-13 and my 11 year old wanted to watch it, and I was like why is it rated PG-13 and so I looked up why and it was mostly, I think it was violence or something, which makes sense.

Interviewer: So do you remember where you looked that up? You don't have a go to site?

Jill: I think I just googled it and then read.

Interviewer: Okay, sure.

Jill: What it was. Although, I know there's a site, and I can't remember what it's called.

Interviewer: Is it common sense media?

Jill: Common sense, that's what I was thinking. I think it's common sense, just to read like what it is and go more into detail. I think it is common sense.

Interviewer: Okay, but you haven't had to do that a lot because-

Jill: No, it's just been like well why, or my six year old is a Power Rangers fan and the TV shows are pretty cheesy, they're not very, and he loves those. And when the movie came out, it was like oh no, that's PG-13 and then one of his friends went and saw it of course, his mom was like oh it's fine, I'm like okay, so I just, but my, I don't know if, I don't think my husband saw it, I think he just watched something, the trailer, I don't know, and we decided definitely not in the theater, it was way too intense.

Interviewer: Mm-hmm (affirmative). Mm-hmm (affirmative). But it sounds like you've really resisted, not resisted, but you feel totally comfortable with the kind of time. A lot of people talk about screen time-

Jill: Yeah, and I think that that is-

Interviewer: It hasn't been an issue for you?

Jill: No, I think we've kind of relaxed on that as they've gotten older. And I think some of that is is that they're older, and the second piece is that it's even since my 11 year old was born, technology even in those 11 years, it's become so much. We have more devices. I'm trying to think. I think the iPhone may have just come out around the time he was born.

Interviewer: Yeah, that makes sense.

Jill: I can't remember exactly, but I know at the time my boss had one and he got one of the first ones, it was just like holy cow, what is this.

Interviewer: Yeah.

Jill: So I think there's just so much market, kindles didn't exist. Or maybe they did but it was just the eReader, so there weren't tablets and there weren't smartphones and stuff like that, so I think that's part of it too is that now there's just so much stuff and it's everywhere and we rely on it a lot more.

Interviewer: Mm-hmm (affirmative). Mm-hmm (affirmative).

Jill: For all sorts, you know, just to do a quick research thing. Not even research, just-

Interviewer: Information.

Jill: Yeah. You want to know something.

Interviewer: Yeah, yeah, yeah.

Jill: Or you want to stream music or you want to check the weather.

Interviewer: Yeah.

Jill: Or just simple things like sometimes if you have doctors appointment or something, so my chart, so you want to find out what your test result or whatever, you have to be able to access it, otherwise you have to call and then wait for the letter or whatever. So everything just seems, it's just, yeah. So I think that that's part of it too-

Interviewer: Yeah, so it's integrated into life so much.

Jill: Yeah, thank you.

Interviewer: Yeah, yeah, yeah. So are there any areas you have more questions about or would like more media mentoring around?

Jill: I don't think so.

Interviewer: At this point?

Jill: No.

Interviewer: Okay. So that's all the questions I have about screen media. It'd just be helpful to get some demographic information from you.

Jill: Sure.

Interviewer: So how would you describe your ethnic background? African American, Asian, Hispanic, Latino-

Jill: White.

Interviewer: And your child's other parent?

Jill: White.

Interviewer: And then your highest level of education?

Jill: A B.A., my husband's is the same.

Interviewer: B.A., and then there's one that's not on there, your professions would be helpful.

Jill: I work in the non-profit world. Working with parents and kids, so it's child abuse prevention, and then my husband works in healthcare, mostly seniors.

Interviewer: Okay.

Jill: Senior citizens.

Interviewer: Yeah, yeah, yeah. Okay. That's just to get an idea of the role of technology in your professional lives as well.

Jill: Yeah.

Interviewer: Yeah, yeah. Great. Anything else?

Jill: No, thanks. Do you have any-

Interviewer: No that's wonderful. Thank you. Well I guess my last question. So you seem very comfortable and everything's very moderate and I'm sure you don't have to fib to the pediatrician about screen time, how have you managed that?

Jill: [inaudible 00:31:47]. I don't know, some of it is, and some of it might be our 11 year old's personality. He's kind of people pleaser, not to say that, I just don't

know how to, he's very different from our six year old, where's he's the one who tries to push those limits, where I think our 11 year old is if we say okay time to turn off the TV or whatever it might be, for the most part he does it. There's always that I want to watch it, it's like no you have to go to bed or whatever.

Interviewer: Yeah, yeah. So you haven't had those points of tension?

Jill: No, so I'm sure that's probably going to happen in the future as he gets older.

Interviewer: It might not. It might not. I think part of it is.