

Filename: NavScreensParent27Transcript2018

Interviewee: mother of 1 daughter age 7

Interviewer: Start by telling me how many children you have and what their ages are.

Jenny: I have one child. She is seven.

Interviewer: Okay. So, she's in second grade?

Jenny: First grade.

Interviewer: First grade. Okay. Tell me about the devices your whole family owns.

Jenny: Sure. We do have one television. We actually, as of last week, cut our cable. So, we no longer have cable access. We do have streaming. We have access to Amazon Prime and Netflix. We have ... We call it the tablet, so a smaller device and I think it's a Kindle Fire.

Interviewer: Okay. Yeah, yeah.

Jenny: Another step down. My husband and I both have phones, and I think those are the screens in the household.

Interviewer: Okay. Great. And, does your daughter use devices anywhere else, like friends or relatives?

Jenny: Grandma and grandpa have a tablet and their phones as well. And, then, school. I know there's a mess of screens in their classroom. I don't know when or what they use it for. I've heard that she uses a device for a math program and a literacy program.

Interviewer: Okay. And, in the library or after school care, anything?

Jenny: Grandma and grandpa are the after school care. They understand my opinion on screens. So, it is very limited. Occasional games or viewing family videos with mostly be what they use it for. Library time, that would be visiting Central here and the tablets they have available.

Interviewer: And, does she go on them sometimes?

Jenny: That is the main draw when coming to the library, is coming for screen time. And, same way, the Middleton Public Library's another one.

Interviewer: Okay. Interesting. So, if you talk me through the devices, you say TV, tablet, Kindle, phones. Did you say laptop or not?

Jenny: Oh, goodness. Yes. We do have a computer. It's barely used by her. It'd be mostly my husband if he's doing work in the evenings. So that's yes.

Interviewer: Okay.

Jenny: And he has a Chromebook too, but she doesn't touch that one at all. Sorry.

Interviewer: That's fine. No, that's fine.

Jenny: Those screens, they come up.

Interviewer: Yeah. So, talk me through the activities on them, on the TV, tablet, Kindle, and maybe your phones.

Jenny: Her main access to a screen would be the tablet. In the morning, when she is eating breakfast and waking up, she is watching the tablet. I'd say that's for about a half an hour. That's part of her morning routine. I'd say she's not a morning person. So, having that time while we're all getting ready, that wakes her up.

Interviewer: And, so, what is she doing on the tablet?

Jenny: She is watching, from Netflix, The kid's menu, and she does have free rein on that. My husband is normally sitting there at breakfast. So, we've never had any issues of what she is choosing. Obviously, that's something without commercials. That's vetted a little bit of what she's going for. I'd say cartoons, she has gotten into some live actor Disney-type programs like Girl Meets World. That's what she gotten through recently. But otherwise, it's been a lot of cartoons.

Jenny: Trying to get her into BBC Planet Earth. They have those nature programs, but that's a little bit tougher.

Interviewer: That nonfiction side of things. She really wants the escape and that they kind of delve into.

Jenny: Right.

Interviewer: So, is that a separate Netflix account that you've set up for her, or is it just a-

Jenny: You can have profiles. I believe that's how they call it.

Interviewer: Yes.

Jenny: So, we have our adult profile, and then there's a kid one where it's more graphic based. You can pick what character shows to go to. Otherwise, you can also search for it. She's gotten to that part where she can actually type in a name if she's heard it.

Interviewer: Okay, great. And, then, the TV is the-

Jenny: TV, gosh. That was one reason why we cut cable. We realized ... I didn't want it turned on. She's not asking for it. DVDs would be the only thing that, and we'd be getting that from the library, and, obviously, vetted by us, what can be played.

Jenny: Friday night is pizza and a movie night. So, after we have all had a long week, we do sit down as a family. Eat dinner at the TV, watching a DVD.

Interviewer: And, do you choose that DVD together? How do you make that choice.

Jenny: We try to. It's more kid based. Last week was Star Wars.

Interviewer: Does she use the Kindle at all?

Jenny: Nope. Occasional use of our phones. I think my husband has a couple of games on his. I have a couple on mine. They've done some ... They have their own little game of doing Google search for, like, cute kitten videos or kids falling down videos. That's very limited. [inaudible 00:05:41] Kindle, that's phone. Like I said, the computer, she's really not on that. And, then, she does have some games on the tablet, again, that she might go to. I limit that time, and we only have a couple games on there at a time. She's done a couple dress up and coloring type games.

Interviewer: And, how did you find those games, or did she?

Jenny: I did find some of them through the library. Some of the recommendations for apps. My husband would go through Google Play to find certain apps. No cost, kid friendly, limited in ad purchase advertisements coming in. So, he had his criteria [crosstalk 00:06:35].

Interviewer: Okay. And, so, he's using the Google Play to-

Jenny: Yeah, to find the app.

Interviewer: And they have all those criteria on there. Right. You haven't had to go to Common Sense Media or other websites to do that research, because it's already kind of signaled for you.

Jenny: Google Play has good criteria, or at least he knows what to look for. And, then, the other ones we're just going, "Could we find some learning applications?" And, I've gone to the library to find out what are those good ones and are they free.

Interviewer: Right, right, right. Okay. The YouTube videos of cute kittens and things. So, that's something that her father and her do together on his phone.

Jenny: Yes.

Interviewer: So, she hasn't asked for that on the tablet?

Jenny: No, it's device based. Topic and device based.

Interviewer: Mm-hmm (affirmative). And, so, when would they do that sort of thing together? When does she have access to your phones?

Jenny: Possibly a Sunday afternoon kind of thing.

Interviewer: Okay.

Jenny: Access to our phones. Again, I limit her ... of when she can ask. There's occasions of when she might visit us at our workplace, kind of as a filler so we can do our work and she can be there. So, again, limiting in that. But, otherwise, no, she doesn't ask very often for it.

Interviewer: Is the tablet hers? Was she given it? How does that work?

Jenny: No, but she's the primary user of it.

Interviewer: Okay.

Jenny: We don't declare ownership to her. She doesn't ... right.

Interviewer: So, she doesn't have any devices yet that she's been given?

Jenny: Correct.

Interviewer: Okay.

Jenny: oh, I don't know ... iPod Touch.

Interviewer: Oh, yeah.

Jenny: Is that another screen? And that she does on her own. That's only music. So, she's flipping through that on her on, and I upload the music to it. It's things that she enjoys, but she can navigate around that on her own.

Interviewer: Right, right. Is she using anything for communication, like Face time or-

Jenny: Nope. No. In fact, my husband and I traveled for a week and to communicate with her, we went through my parents' Google Hangout, but she was not doing that on her own.

Interviewer: Right, right, right. And, she hasn't asked to have that set up on her tablet?

Jenny: No.

Interviewer: On the tablet, I should say.

Jenny: Exactly.

Interviewer: I'm going to ask you to talk me through a typical day. So, you started already. She uses media as a kind of transition time in the morning for half an hour. Goes to school. Might have screens at school.

Jenny: Right. I can't say what actually happens at school with screen time. When they say the two hours a day outside of learning, I have to just go with what that is. So, outside of school time, she's taken care of by her grandparents, so that's about two or three hours into the afternoons and evenings. By the time she gets home, there might be a gap time, especially depending on how hard she was playing at a park, where tablet's a good option right now, and she will ask for it. It just depends on timing, getting dinner ready, how tired she is. So, that might be a half an hour of she can just zone out.

Jenny: After that, no screens at dinner, and then we get into ... depends, bath or shower. Again, it depends on the type of night we've had. If it's bath time, she does have access to the tablet there. So, she can zone out in a warm bath, watching some screens while we're doing all the other chores of our household. But, she has elected to take showers more recently, so then there's no screen with that. And, then, after that, that's the end of the day.

Interviewer: Good. Have her routines changed as she's grown older?

Jenny: For the morning routine, no, not really. That's get up and watch something. The school day, obviously, takes up whatever they're doing there. Into the afternoon, that really hasn't changed. I think the biggest change is that she would always take a bath, "Here's a screen." Now, she's

switching to the shower, and she might do a little bit more playing without screens into the evening. So, it's taken away some screen time.

Interviewer: Interesting.

Jenny: She's happy with that. She's not asking for more. She understands the difference between taking a bath and taking a shower.

Interviewer: Okay. Does she have any friends or relatives who make suggestions or model things to do on the various devices?

Jenny: She has an 11 year old cousin and a nine year old cousin, but they're near Chicago. So, it's not a day-to-day influence. If they're around, I think that they might all watch a movie together if they're with grandma and grandpa. I'm not hearing much influence from them. As for friends, it doesn't seem like there's even any type of peer pressure to say you should be watching this or why are you watching that. Or, even, apps, games. It doesn't sound like there's much coming that way.

Interviewer: Do they talk about television shows, do you know? Or, cute kitten videos?

Jenny: I think Descendants on the Disney movie. I think there might have been some influence with that. There's certain shows I think maybe she watched, and she would talk more about it but not that I know of.

Interviewer: Okay. Does she do any production stuff, like taking videos or ...

Jenny: She has occasionally. She's taken one of our phones and used the camera or the video and done little snippets. Like, she'll talk to it. And, I think that was influenced by one of the shows she was watching. Odd Squad, I think it was.

Interviewer: Oh, okay.

Jenny: They were doing some sort of video dialogue and so she was mimicking that.

Interviewer: Yeah, yeah, yeah. Did you or your husband? Is that right?

Jenny: Mm-hmm (affirmative).

Interviewer: Do either of you kind of model things for her?

Jenny: Doing camera production things?

Interviewer: Yeah, or anything else she's picked up on and kind of thought, "Oh, I'd like to do that."

Jenny: When it comes to screens, no, not really.

Interviewer: Okay. So, who does she go to when she needs help getting started?

Jenny: She's very proficient, especially on the tablet, but, if it's a matter of this isn't working, it's one or the other. Who's ever closest or around to answer first.

Interviewer: Do you and your husband both make decisions on what apps to download and what to purchase and-

Jenny: He's the app person. That was a little thing they did together. So, it turned into the two of them, and I'm ... It's not that I'm against screens. I was much more limiting than he is. So, now they have a little common thing of ... they find a game together.

Interviewer: Okay.

Jenny: Not from me.

Interviewer: But you both, you and your husband, are making decisions about what she's doing on the devices?

Jenny: Yep. I think my husband is a little bit more free on how much time he'd be fine letting her watch. I have in my mind the guidelines of two hours, two hours, two hours. And, I try to make sure that she's not going over that. My husband is much more free about it. I'm not saying he's letting her watch eight hours a day, but I would have it counting down in my head. It's been two hours, now, and he'll say, "Well, it's only been three."

Interviewer: So, do you feel you need to guide her use on the devices, or is it pretty much set up? Sounds like she's working independently but within the structure that you've created.

Jenny: Yep. I think if she were given the flexibility, she would continue to watch. Say on a weekend, it might be a little bit more free on how much time. If she had the ability, she would just keep watching. So, it's on ... [inaudible 00:15:36] my husband, it's on me to say, "That's enough. We can move on."

Interviewer: Yeah, yeah, yeah.

Jenny: And, depending on the mood or where she was in the show, there's a little battle back and forth. But, then, she will go off and play and realize there are other things [crosstalk 00:15:52] than screen.

Interviewer: But that transition can be a little tricky. So, that two hours, that's one of the big things that's guiding your decision making?

Jenny: Yep.

Interviewer: Do you think about your experiences as a child when you were consuming screen media?

Jenny: Yes.

Interviewer: Tell me about that.

Jenny: That's so hard. You had one TV, limited channels, shows only on a certain time. There were commercials or not. I'm thinking of PBS. There was only one time that Sesame Street was on. I can't remember how often the TV was on, but I'm sure my mother was very strict about it. But then, especially on the weekend, my father would ... he would just sit down and watch TV. And, so, I know that the screen was on more than the two hours, but I can't remember what I was like at seven year old. But, then, that flexibility, the use of a device to help with the transition, especially when she was even younger, we didn't have that when we were kid. Whether it's a transition or a distraction or convenience, I know that wasn't a possibility when I was a kid.

Jenny: So, am I doing better or am I doing worse as a parent than what my parents were doing?

Interviewer: Yeah, yeah, yeah. Okay. You are using the guidelines on the apps, and then, Netflix is helping you guide that. So, are there any other kind of things that you are looking for, I guess, like educational and how do you make that decision?

Jenny: Yep. So, I would prefer a few more nature programs for her, because she does enjoy them, but it's a different type of interaction for her than watching a cartoon. And, as she's taken off to watching more sitcoms or live action, real people acting out, we do take the chance to listen into the program every once in a while. And, for example, she started watching Fuller House. She was with her cousins. They watched a couple episodes of Full House and Fuller House is on Netflix. I know. So, more recent one. And, both my husband and I listened in on a few. We were finding even though I think Netflix ... It had it available in the kid's menu. I think it guided as Y7, so seven year olds, which she is. And, we were not happy

with some of the content being discussed. So, we said, "No, no. We're done with that program." There was a slight transition, and she's forgotten about it now.

Interviewer: So, what are the concerns you have over content?

Jenny: That's when they were talking about tequila. They were talking a lot about boyfriend and girlfriends. So, just topic areas that we're not ready for yet. Try to watch some of the words. I'm not a big fan of stupid, the word stupid. So, if that kind of attitude is portrayed in the show, I'm going, "[inaudible 00:19:34]. That's not the best one."

Jenny: When she was younger, she watched My Little Pony. I don't know what that show did to her, but she was a grouch after she watched it, and I always blame it on My Little Pony. Something ... Was there subliminal messages within it? But, she was not a happy kid after watching that. So, I said, "No more," and it's now become a family joke of, "Well, if you watch that, you're going to get crazy again. We don't want you to do that anymore."

Jenny: So, we have had other shows in the past where we're going, "This isn't working well for the family."

Interviewer: Yeah, yeah, yeah. That's so interesting. Any other websites or magazines or resources that ... Well, particularly that two hours. Where do you think that came from?

Jenny: I don't know.

Interviewer: It's kind of in the air.

Jenny: It's just in the air. So, is that American Association Pediatrics guideline?

Interviewer: Yeah, yeah, yeah.

Jenny: And, then, reiterated at the doctor's office at the annual visit, saying, "Are they watching only two hours?"

Interviewer: Okay.

Jenny: I have to be a good parent and say, "Yes." Some days it depends. Some days it's more. Some days it's less. But, yeah, trying to restrict it that much ... but when you put the hours together of when we're actually with her, outside of school time, outside of work time, I really hope we're not going over two hours, because she's not awake much longer than that.

Interviewer: Right, exactly. And, with you. Yeah, exactly. What about friends? Have you compared notes with friends or have any-

Jenny: I think other mother colleagues, what are they doing. I know one mom, that the TV is on all the time, and she has no problem with that. Others, I've heard the neighbors down the street, they don't have a screen besides a computer. So, they're definitely not watching the same volume even as my daughter. So, I feel like we're kind of fitting in between. I'd say my husband probably thinks I'm more restrictive than needed, but I feel there's a lot more to life than watching a screen. She could be doing a lot more, even with the time she is watching screens.

Interviewer: Yeah, yeah, yeah. Anywhere else that you have had useful information? So, you've said the library. Have you been to MPL's Supper Apps Club? [crosstalk 00:22:12] So, you've just been at the website.

Jenny: Yeah, website.

Interviewer: Okay. And Google Play and Netflix. Are there any other sources?

Jenny: No.

Interviewer: Okay.

Jenny: Yeah, if we happen to come across, whether it's an article or something else about an app, I would definitely look into it, but nothing like I would go to that specific source just for it.

Interviewer: Is there anything coming home from schools and teachers?

Jenny: There was something about a math app. And, one version was a pay app, and I think maybe on another device it wasn't, but that one, my husband and I both agreed we don't feel comfortable forcing an app and being forced to pay for it, when I'm sure there are other ways we could be teaching her math.

Interviewer: Right, right, right. Mm-hmm (affirmative). So that was not useful.

Jenny: No, that was quite irksome.

Interviewer: Yeah, because it was forcing you to-

Jenny: Use that specific one and pay for it as far as I could see.

Interviewer: Right. That seems questionable.

Jenny: Yep.

Interviewer: Is there anything else that's not useful or that you would particularly like, in terms of advice or guidance?

Jenny: That two hours, it just hangs on me. I'm sure I've read the reasoning why and her age, it'll change, but I'm stuck on that two hours.

Interviewer: And you find that a lot of pressure it sounds like? Emotionally.

Jenny: Yep, and I'm the-

Interviewer: You're the monitor.

Jenny: Disciplinarian. The monitor. Thank you. Better word. About that.

Interviewer: so, it would be helpful if you understood that more or could articulate that more or could see it as more flexible or something, but you're really feeling-

Jenny: Yep.

Interviewer: Yeah, that makes sense, especially because you're getting it from the pediatrician as well as in the air.

Jenny: What, is her brain going to melt at two and a half hours? What is it about that two hour mark that's, whether detrimental or not, what is that?

Interviewer: Okay. So, more information about [crosstalk 00:24:42]

Jenny: I guess it's possible it's been fed to me, but it's still ... "Two hours? What am I supposed to do?"

Interviewer: Yeah, yeah. That's a good point. If you knew more about what that meant, then you could feel like, "Oh, okay. That's like worst case scenario is," or it would help you make judgements. Yeah, that's helpful.

Interviewer: So, thinking about the future then, are there things that you're concerned about, you think you might need further guidance about?

Jenny: I suppose going forward ... She is going to get older. She's going to have different choices and more flexibility. Social media has not entered into her life yet. I don't know what I will do when it does. My husband's not on Facebook. I am more just to keep up with news. I don't know what this new generation will take it at, and I don't think a lot of people know.

Benefits or not, I'll be using those tools, but it is so important. It is a way we connect.

Jenny: The use of the internet. I think only the limited Google searches, with guidance from my husband, I don't think she's doing much else at school. She has no email. All those things are going to come into play soon, and that's all screen time. But, it's a form of connecting, and it's an essential form of connecting.

Interviewer: So, how to balance that. So the benefits plus the risks, maybe.

Interviewer: That's really if for the kind of questions about how you navigate screens in your home. The next questions are for us to understand your context a little bit more. So, tell me about your use of technologies, because it helps us understand then how you navigate that too.

Jenny: Sure. I'm a librarian. So, I'm sitting at a computer all day. The two hour screen time, there goes my whole day. But, under the guise of, "Well, it's work time. It's work screen." But, yeah. I'm a cataloger, so that means all my work is computer based. Also, a reference librarian, so I'm searching, but I have skills, experience, education in information literacy. So, I know what sources I should be trusting or what type of searches I should be choosing.

Jenny: It's a different realm for me when I have a seven year old who doesn't have those skills yet. Or, even seeing my husband possibly doing some type of searching, going, "Oh, but those key words aren't going to get you to the right information."

Interviewer: Can you turn your library self off?

Jenny: No. That's kind of hard. Otherwise, the use of screens. Always have my phone on me. Minimal use of Facebook. Texting, communicating. And, then, when my daughter's in bed, we probably have about maybe two episodes worth of a show to watch in the evening. Maybe there's our two hours, and that's at the end of the day.

Interviewer: So, you're using media as a kind of ... For all of you really, as kind of chill, kind of transition space.

Jenny: Yep.

Interviewer: So, you really are an expert ... Within your job, you're an expert on databases and information retrieval and all that. Okay. And, your husband. What are his technological uses generally?

Jenny: I'd say he's on the computer a lot. He works for the government. So, communicating. He does a lot of writing. It's interesting the tools he has using Google products, writing documents, then others can see using Google Drive. Obviously, that's something that even both of us growing up, now it's a different world. I wouldn't say that he's not very good at searching, but ... He does have a good skill set when it comes to using different technologies. But, no, we're not computer people.

Interviewer: Yeah, yeah, yeah. You use it for work. Okay. And, then, the next questions are optional. We're on to number 15.

Jenny: Okay.

Interviewer: So, if you want to, it would be helpful to know your ethnic background.

Jenny: Sure. I am white, non-Hispanic.

Interviewer: And your husband?

Jenny: Yes, same.

Interviewer: And, your daughter?

Jenny: Yep, same.

Interviewer: And you highest level of education?

Jenny: I have a master's in library science.

Interviewer: And your husband?

Jenny: He has bachelors of science degree.

Interviewer: And, so, he works for the government. Can you just ... Does he have a job title?

Jenny: Yes. Legislative liaison to the state public defenders' office.

Interviewer: Okay. Great. Anything else you'd like us to know or like the librarians to know?

Jenny: Well, one comment about the library. So, the biggest draw for my seven year old coming here is that the tablets are there and available, and they have games that she doesn't necessarily have at home. One, because they're probably paying for some of those games. We're not going to pay for them. Same with the Middleton Library. There are some good apps.

They're fun. They're attractive. They're interactive. Some are good learning tools. I'd say they are good learning tools. They have been vetted by librarians, so I'm happy with what's there. But, especially considering the visual of the children's area here, it is the first place to go to, and that's really frustrating. I'm trying to get into the library. Show what can you learn, what can you do, what can you play, and it takes energy to either convince her to find other things first or say it's okay to go on it, but we're going to get off at a certain time, and it feels like, of all the places to come to, there's a battle.

Interviewer: Yeah, yeah, yeah. And, you're already feeling that emotional burden-

Jenny: Of how much time is ticking away.

Interviewer: Yeah, yeah, yeah. That's very helpful.