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Interviewee: mother of 6 children ages 15, 14, 12, 11, and twin 8 yr-olds

Interviewer 2: So, just to get started, wondering how many children you have.

Joanna: I have six children, ages 15, 14, 12, 11, and twin 8 year olds.

Interviewer 1: OK so our project is looking at 7 to 11 age range, so if you think when Nate's asking you questions about those, you two [crosstalk 00:00:32]

Interviewer 2: Those three, youngest three.

Joanna: Focus on my youngest three. Got it. Okay.

Interviewer 1: Okay.

Interviewer 2: So, tell us a little bit about the devices that your family owns. Do you children use devices, tell us about the screens in your house.

Joanna: Okay, so we do have televisions not used very often. So they're not a big screen anymore.

Interviewer 2: 1, 2?

Joanna: We have two televisions, one of them is used as a computer screen, so that's my husband's, but they do sometimes, when they're playing on his computer will use that. It's a flat screen, whatever big one, but he uses that mostly for his computer because he's a computer programmer. Then we do have one smaller computer for the kids. Right now, at this moment, they're not using that at all. From a month ago, they were probably using it once a week or so. 'Cause right now, we're not in a home, we're moving in next week. As far as televisions, there's not really any of those. Then when we are in the house, they're not really using that.

Joanna: That do have one iPad and then each of them does have a phone because we do not have a home phone at home so we did get them each a phone so that when they're at school or when they're at different activities because they do theater, they do a whole bunch, then we have a way of getting ahold of them or they have a way of getting ahold of us if they need to be picked up early or whatever. So that is where, oh and they did have Kindle Fires but those keep breaking or something will go wrong with them so they don't really use those.

Interviewer 2: Got it.

Joanna: I think the main focus here, in what they use routinely are the phones and then the one iPad.

Interviewer 2: And -

Interviewer 1: Okay, sorry, so you have one computer that your husband uses mainly?

Joanna: We have two televisions, two computers; one computer is for the kids, and that's the smaller screen. One computer is one of the televisions and that's my husband's.

Interviewer 1: Okay. Got it.

Joanna: Then there's an extra television that really just sits off, it's hooked up with an Xbox One but like I said, they rarely use it.

Interviewer 2: And three phones?

Joanna: No, three phones, yes.

Interviewer 2: Yeah one for each kid.

Joanna: One for each kid, yes.

Interviewer 1: Just the kids that we're talking about.

Joanna: Yup, one for each, they each do have a phone.

Interviewer 2: Since we just listed that, would you mind telling us about the primary use of each of those screens.

Joanna: So we -

Interviewer 2: Starting with ...

Joanna: The eleven year old primary use is phone and then also games. So she does use it to call us and call her siblings and her, she does have SnapChat, I did allow that. Not happy with it but she does use Snapchat. She's the only one who uses it as a phone. The other two I actually decided to end their contract, end their data plans. They can use it as wifi so basically theirs is not a phone anymore, it's just a gaming. They use it for right now, it's Portal Knights and I don't know whatever those two games are that's huge right now, that's what they're playing on it. And that's basically all they use theirs for. They might use my 11 year old's phone to watch movies or games or whatever or they use the iPad to watch, sorry movies or television shows.

Interviewer 2: Sure, sure.

Interviewer 1: And you can talk about if they use your phones or their older siblings' phones.

Joanna: So yeah, they do use their older sibling's phones, not as phones. Not for communication, but they do use it for, like they're not allowed Snapchat because they're 8. It was hard enough doing, allowing my 11 year old with it. So no social media for them. They use it to watch television shows and to basically they're just, right now in this moment, they're just playing the Frontier, I don't know what it's called.

Interviewer 1: Fortnite?

Interviewer 2: Fortnite.

Joanna: Fortnite. Thank you.

Interviewer 2: Yeah, yup.

Joanna: Fortnite and Portal nite. So that, Portal nite? Is that right?

Interviewer 2: I don't know but Fortnite is I can tell you.

Interviewer 1: I don't know.

Joanna: Yeah, so Fortnite is one of the ones.

Interviewer 1: It's a big one yeah. So, I'm sorry, your 11 year old, you have a daughter who's 11.

Joanna: 11.

Interviewer 1: And the 8 year old twins are?

Joanna: A girl and a boy.

Interviewer 1: A girl and a boy, okay.

Joanna: I hope that made sense.

Interviewer 2: Yeah. So I guess outside of the home are you aware of your children coming into contact with devices anywhere else, like at friends' or relative's, daycare? Not daycare, but school?

Joanna: Yeah. So they're not in school yet, that's next week. So at my brother's house they do use his, he's got a projection TV that they play games on. Usually it's to play games, I'm not sure how much television they watch over there. They're not over there all the time. Once every couple weeks, like in fact, well one just went over yesterday. So they usually use his Xbox over there so they can play games with their cousins so that's when all of a sudden the games are fun to play again because they're engaged with somebody outside of themselves where they get arguing and it's boring with them. But then when they get to play with their cousins, over at my brother's house, then they're playing with the games and on the -

Interviewer 1: Big screen.

Interviewer 2: Projection.

Joanna: The big projection, yeah.

Interviewer 1: Yeah.

Joanna: And that would be, they don't watch very many movies and televisions, maybe over there they do, I'm not entirely sure.

Interviewer 1: So you don't have Netflix or?

Joanna: So yes, we do.

Interviewer 1: Oh okay.

Joanna: We have Netflix, we don't have cable 'cause we don't use the televisions but we do have Netflix, Hulu and Amazon Prime.

Interviewer 1: Okay.

Joanna: So they do watch television shows and movies on their small screens and that's, yeah. I usually try to get them to turn it off. Well, actually, I must have conditioned them or something because now they don't like, they have to have it pitch black in their rooms so they don't like it when it's [crosstalk 00:07:12] anything is on. So they will naturally now, but it took a while to get there. Usually I would let them up until a certain time, watch their ... but then good sleep hygiene 'cause I'm bad at it. But trying to enforce it in my children to turn off the screens before they go to sleep.

Interviewer 1: Yeah.

Interviewer 2: At what time to?

Joanna: Usually it's supposed to be at like 8. Over the summer it's been getting a little bit later.

Interviewer 2: Yeah sure.

Joanna: So maybe like 9, 10 is when they're finally turning it off and then they're usually asleep by like 1030, unless it's my son who will send himself to bed and he will usually go to sleep at 8, 9 o'clock. And he's not watching ... he needs it quiet and he has to go to sleep.

Interviewer 1: He's self aware.

Joanna: [crosstalk 00:07:59] He is.

Interviewer 1: Interesting.

Joanna: When we were all together in a room, it was really hard for him to try to get his sleep because the television would still be on 'cause the girls wanted it on a little bit later than he did

Interviewer 1: [crosstalk 00:08:12]

Joanna: and he had to have it quiet so it was a little bit difficult for him so we're going to be glad to get in our house.

Interviewer 2: Do they use computers at school?

Joanna: They do use computers, or they did use computers at school.

Interviewer 2: When school's in session.

Joanna: When school's in session they have iPads that they're allowed to, the 11 year old was allowed to take home, the twins were not. I'm not sure now that we're switching school districts, I'm not sure if they'll have the same access. I'm pretty sure if RCI does, then the elementary schools will have it as well. They do have the iPads and they use them at school. They do have a computer lab that they use.

Interviewer 2: Are there on, do you know what sort of tools they're using?

Joanna: Yeah, so they're different educational apps that they have on there. And they're not allowed to have any social media access at all to them, but then they have their own, excuse me, they have their own email system that they contact the kids with. Mostly it's just the educational apps that help them with math, with reading, and then they can access the school's website. At least this was at, in Verona. So they can access the school's

website and access any resources that the school provides on their website. It's usually what they were using it for. If they, like I said the twins were not allowed to take theirs home.

Interviewer 2: Oh okay.

Joanna: The 11 year old was, and she was in Oregon and it would be the same thing, just accessing.

Interviewer 1: So she did, she used the school's iPad for that?

Joanna: She did use it, for that reason.

Interviewer 1: For educational and games and that kind of stuff.

Joanna: Yup. Educational games.

Interviewer 1: And that was like her own free will.

Joanna: Yup. and you [crosstalk 00:10:02]

Interviewer 1: She wasn't assigned.

Joanna: I mean, you're assigned the iPad and you have to like sign your life away to make sure they don't break them and then you bring them home or you can keep it at school and use it at school and you're able to access games to help you with ... mostly all I remember is Math and Reading and English and Literature, not Literature. English, I can't think of words right now.

Interviewer 1: Yeah and [crosstalk 00:10:29]. Yeah.

Interviewer 2: Literacy stuff.

Interviewer 1: Yeah.

Joanna: Yeah.

Interviewer 1: Okay.

Joanna: So that would be the only school related ones.

Interviewer 2: So there's many different directions we could take this [crosstalk 00:10:39].

Interviewer 1: Can I ask you before we move on about, do they watch things, do they use media socially. Will they watch each other's phone together or is it?

Joanna: Yes.

Interviewer 1: Okay.

Joanna: They do watch it together. In fact, just this morning they were, my daughter had something on, usually it's one of the television shows that they watch, what's it like Full House. It's a big one for them.

Interviewer 1: Yup.

Joanna: They love it and I'm glad because that's what I grew up on. So I'm like "yeah, you go ahead."

Interviewer 1: Yup.

Joanna: It's a lot of, even though I'm not too entirely happy about it, but a lot of Disney shows they watch. And they will put it up, usually they'll do it on the iPad and they'll hold it and watch it together.

Interviewer 1: Okay. And that's across all six children, they'll be kind of?

Joanna: Actually no, just across the four, so, well the other two, those are two separate.

Interviewer 1: Oh okay.

Joanna: My 14 and 15 year old are like, yeah they're teenagers so they don't really... But the younger four, especially the younger three together will watch things and they all, they're is a -

Interviewer 1: Okay.

Interviewer 2: How do you monitor their use?

Joanna: So my husband does. I don't really monitor it because he's the tech guy in our family

Interviewer 2: [crosstalk 00:11:58]

Joanna: So he, he's the computer programmer so he ... and actually I do because my phone is connected with theirs. So when they're texting each other I get their messages, I can see that. I get their phone calls so I know who they're calling. Because we all use my one account

Interviewer 1: Oh okay.

Joanna: And it's all connected so I can see. And in fact, if it, if -

Interviewer 2: So the kids are sharing your phone number?

Joanna: They have their own phone numbers but their texts and their calls.

Interviewer 2: Forward to yours?

Joanna: Yeah. So like, I'll, I mean I can even show you.

Interviewer 1: So their history is all on that [crosstalk 00:12:42].

Joanna: Is all, so like, it'll see, she face timed me and then it showed, that's me I'm birth giver. So I've been, I did not put that. They put me as birth giver. And so it'll even change the names and it'll say, so I'll know who is the one that has called -

Interviewer 2: Oh my God.

Joanna: Or made a phone call because it will come up on my phone as if I have called myself. So I have a missed call from myself because they called me or I called one of them. So I do get their messages, so I can't usually text message from my phone.

Interviewer 2: So you're taking care of the text and the phone part and your husband is tracking the technology use on Amazon Prime, Netflix and Hulu.

Joanna: The phone, mm hmm, my husband, on Amazon, yup. And with that, we put on the, so they have to have a password to get in, especially with Netflix, anything that's like PG13 or older. They have to get a password so that I can kind of, it'll come and alert my phone if like somebody tries to change. Because my older ones act like, they try to change the password. So the younger three do not, so the 8 and 11 year olds do not try and change the password. They stick to watching what they can. Although they do watch, Super Girl is my 11 year olds favorite show, that and Flash 'cause she loves D.C. So I know, she's allowed to watch that show and I think that's TV14.

Interviewer 1: So you have a channel set up for them basically but then your 11 year old will sometimes go off the channel.

Joanna: Yup, they each have their own. Yeah, off the channel to be able to watch something but then they have to get permission. Thankfully they all come to, because we can see in the history if something inappropriate has been

watched and then we'll be like "Wait a minute." But most of the time they'll be like, "Oops I accidentally watched this show, didn't realize it was bad." And then like oh okay. But then the whole episode was watched so what. But mostly they will tell us if they accidentally started something inappropriate and ... but my husband is usually watching like, actually I can also do the Google searches on my phone as well if they're doing the phone. But, he will, and you know for the computer, when we were at home and they were using the computer, he monitored all of that content.

Interviewer 2: Right.

Joanna: And what they were, and then put up things so they couldn't, you know, whatever parental locks that you can do on that because I couldn't do it.

Interviewer 1: And for the iPad as well?

Joanna: And for the iPad as well, yup.

Interviewer 1: And for the Kindles and all that?

Joanna: Yup, 'cause that's not connected. The iPad isn't, so he watches what they do on there and then monitors it 'cause, yeah. I'm not -

Interviewer 1: What about You Tube?

Joanna: Oh, yeah. They do watch You Tube and I just found out that they actually did know about a couple of You Tube stars that I was like "I hope that they're not, like the John Paul, Logan Paul, I don't know. One of the You Tube stars that was really horrible that I'm like "Okay, they better not," and then I did find out they know of him, they did not watch his stuff. And then I was able to go back, especially through my phone and check their You Tube history, 'cause they will watch, they'll do it from Google. They don't have the app on their phone so they will bring up You Tube through Google.

Interviewer 1: Okay.

Joanna: And then I can see the Google history on my phone because they're connected.

Interviewer 1: Do you specifically not have the You Tube app?

Joanna: Yup.

Interviewer 1: You don't want them to have that?

Joanna: I do not want them to have the You Tube app. But then they can go on Google and, mostly what they're using though ... they're very artistic so they will look up ways to draw, they will look up ways to do origami, they've done before. So usually it's tutorials that they're looking for and not, like, I know that people have like the gaming, they can watch people game.

Interviewer 1: Yup. Mm Hmm.

Joanna: I don't think, and maybe they've done it for Fortnite but my husband would know more if they've done that. I haven't seen it on my phone and they're connected to all of them so I do not think they're watching them. But I know I have seen tutorial, oh and baking because they love to bake. They're doing a grilled cheese competition so they will look up recipes and whatnot about grilled cheese and baking. So they do use You Tube for that but none of the other things.

Interviewer 1: Okay.

Interviewer 2: We talked a little, I guess we've already addressed that. Where do you get your advice from in terms of what they can consume and what they shouldn't. How long should they consume?

Joanna: Oh, I don't know it's been so long. Mostly, and I'm going from history from the doctor.

Interviewer 2: Pediatrician?

Joanna: Pediatrician, yes.

Interviewer 2: Who told you? Do you remember?

Joanna: Yeah, so I mean, you know, limit the screen time obviously and that was when my eldest was little -

Interviewer 1: Yes. Of course, yeah.

Joanna: So it's hard to focus it on the 8 to 11 year olds because, you know I'm going by my -

Interviewer 2: It's carryover.

Joanna: Yeah, it's basically carryover, from when I was a new mom and I'm like, "What do I do?" So I basically followed the same pattern from when they were younger and limited screen time. With these three it's really easy to get them away from their phones and send them outside to play or to do

some other activity because they have to be active. If they have to sit in one place for too long, life is not good. They start arguing, it's bad; so when they can get outside and go and do an activity it's much better for them. But, you know,

Interviewer 1: And they're kind of self aware, they self regulate it sounds like.

Joanna: They really do, like I said it's really hard because I learned from the first ones that, you know, to limit, really it just kind of evolved itself and they self regulate. And they're like when they're done playing on their phones, they're like, "That's it." They will lose them. In fact, my daughter left her phone in Mississippi and we just got the message that my friend is sending it to us, she just put it in the mail today. We did bring her phone, because in the car, but she didn't even realize that she didn't have her phone while we were in the car back.

Interviewer 2: Huh.

Interviewer 1: So you got the - okay.

Joanna: So she's like "Oh, I forgot my phone in Mississippi." And I'm like, "Oh no." So I had to call, so they're not tethered to them, unlike the older two but we won't talk about them. They're not tethered to them and so limiting their screen time is very easy for me because they self regulate.

Interviewer 1: Yeah.

Joanna: It was a little harder in the beginning and there are so many educational things that they can do like at school with the iPads and with some of the apps that they get. Oh, and that's another thing, is anytime that they buy an app, I see it come through on my phone. So I will have pages and pages of apps and I'm like "Nope, we're getting rid of all this, there's no reason to have this." And then we'll go through and delete anything that they might, and it's usually only free, they don't get to -

Interviewer 1: Right, that was my question. So you have a family rule that only free apps.

Joanna: Only free apps. So they will get a lot of free apps and I will either get a notification from Amazon that they've bought an app if they happen to buy one, but usually they don't. If they get it from iTunes, is where they usually get their apps, then it pops up on my phone.

Interviewer 2: And do you have to go into their phone to delete it?

Joanna: I have to go into their phone. I delete it from my phone and then I tell them, "Nope, you can't have this app, take it out of there." Usually they're

deleting, they get them, you know they used to get them like 5, 6 at a time every hour so I'd be like, "Oh my gosh, are you kidding me." But then like an hour later they need 5, 6 more so they'll delete the other ones.

Interviewer 1: When it, I wanted to go back to when the pediatrician first gave you the advice. Do you remember, was there a certain time? Or was it just kinda too much or?

Joanna: Yeah, it was usually, when the first one, well, she does it with every kid but they went through it the very first time when she was like two years old. When it's starting to get that time where toddlers and you have to, sitting in front of the television, which I mean I did listen to that and obviously I limited the time and there was a lot of play time. But I also like a lot of the PBS shows that, and like Dora, and you know all those. Especially The Backyardigans, we would love to sit and watch The Backyardigans, that was their favorite show, all of them, all six of them loved it.

Interviewer 2: There wasn't a time limit? Or a?

Joanna: They did, they said, oh my gosh, it was screen time of like two hours a day.

Interviewer 2: So there's what they said and then what actually transpires.

Joanna: Right. It was a lot more than two hours, it was.

Interviewer 2: Oh very interesting.

Joanna: I would say, I mean always put down like 4 to 5 hours in a day when they were like two to three. And then when they went to school it was a little bit less because after school they didn't have much time, so maybe 2 hours would be. 'Cause then there's also homework -

Interviewer 2: [crosstalk 00:22:45] Yeah.

Joanna: But at that time, it was like two hours a day total was the -

Interviewer 1: Recommended from the Pediatrician?

Joanna: Yeah. I think that was what was recommended. And then, you know, we went over that. It was spread out throughout the day, it wasn't like they sat down for the 4 hours and just watched television straight.

Interviewer 2: Right. Yeah.

Interviewer 1: So you also mentioned sleep hygiene, did that come from the pediatrician do you remember or?

Joanna: That did come from the, well, I'm sorry no, that came from my doctor to me and about my sleep hygiene because of my insomnia. So, when, it's now coming to us because my 11 year old was diagnosed with a mood disorder and part of it was causing her to have insomnia too. So good sleep hygiene came up again and I was like, "Oh yeah." So I tried to, it wasn't really an issue before 'cause, with the younger three, they were always, so like my 8 year old boy, my son, he's always been early to bed, early to rise and it's totally fine with him. Even in the morning, I don't think he watches much television in the, there's like no morning. I mean, I remember when I was younger it was morning cartoons right?

Interviewer 1: Yeah.

Joanna: That's what you did in the morning.

Interviewer 1: Totally.

Joanna: I don't think they have that. He might play games but mostly he's interested in eating a lot of food so he will immediately go to the kitchen.

Interviewer 1: So the sleep hygiene thing, is there a certain time that they don't have screens before they go to sleep or is it just?

Joanna: It's usually an hour before they're suppose to go to sleep. And that's typically what they do anyway. They usually will stop, they've been playing all day, they might come back in, watch something for a little bit of time and then they'll stop, turn it off and then apparently I just bummed out. 'Cause when they're locked in their room and I'm not home, or I get home and then I hear knocking and banging, I was like, "What are you doing up there?" Well it turns out they were doing gymnastics in their room. So they would be doing acro yoga, and I'm like, "Are you kidding me guys?"

Interviewer 1: That's a perfect [crosstalk 00:25:14], I mean they're using their resources.

Joanna: I know. [crosstalk 00:25:14] That's, they are, they're using what they have and they can't be outside 'cause it's too dark and they're not interested in watching the screen so they'll be doing some acro yoga. And then people falling to the floor and I'm like, "What was that loud bang? What is going on?" But yes, they would end up doing that. But for my 11 year old, when she was diagnosed, we made it a point to make sure we stopped at say 8 o'clock, with all electronics, any screen time. Pick up a book, which was, 'cause reading was something that she needed to get more into. My other

ones are readers, she is not. So we made sure to stick with that and then lights out by a certain time so that you give your eyes a rest and then hopefully fall asleep.

Interviewer 1: Has that helped?

Joanna: On and off.

Interviewer 2: Hard to say?

Interviewer 1: Yeah, it's hard to say.

Joanna: It is, it's really hard to say, especially now during the summer where sleep schedules are all off.

Interviewer 1: Yeah. So Pediatricians, what about any others librarians, teachers, police? Any other advice?

Joanna: I mean, no librarians or police. Teachers, like counselors would say the same thing, like I said, 'cause my daughter was diagnosed so like she -

Interviewer 1: Oh okay.

Joanna: Saw counselors at school 'cause she was missing a whole lot of school at the end of the year. In fact, she missed like the whole last two months of school basically. When she would go to school, it'd be in the counselor's office, they talked a lot with her and sleep hygiene and limiting. But then also sometimes, because she was so anxious before she started her medication, watching Full House, that was her go to show in order to calm herself down so she wasn't worried about like school shootings or things. It's starting up again now that school is coming back, her anxiety is going up a little, even with medication. So we're trying to get ahead of that by, again, trying to limit the screen time on and what she ... Then, thankfully now, 'cause for, like I said we went to Florida and Mississippi. When we were in Florida, my father had his television on all day long, thankfully the kids were mostly in the pool all day long so they didn't -

Interviewer 1: Right.

Joanna: But when they were in the living room with us, the news was on and so my father had the news on. So she had a couple of anxiety attacks 'cause she was watching

Interviewer 2: Right, just triggered.

Joanna: Yeah, totally triggered, especially by the woman who was killed by her husband and the little kids. So that really really scared her. And so a little bit of that's coming back up. So again, limiting the screen time and what they can watch.

Interviewer 2: Are there any websites or like, TV shows, you mentioned Full House, or other resources that have been useful or helpful? Besides Full House?

Interviewer 1: Or Facebook posts or you know, advice about screen media [crosstalk 00:28:49]?

Joanna: There's been a couple of things, it's hard because when they were younger, I used to really delve into like ...

Interviewer 2: Certain apps?

Joanna: Apps and certain websites and blogs that would ... but then I got such conflicting information and I was just like, "I think I'll focus it on what I feel is right for that specific child."

Interviewer 1: Right.

Interviewer 2: Huh.

Joanna: Rather than get, then I was like "I can always go to my [inaudible 00:29:21]." My pediatrician, my favorite pediatrician left last year so that was a heartbreak. And I love the Pediatrician we have now, but she was, my old one, was a big resource for me and I could always go to her, so I usually just took my advice from her because you get such conflicting information and such vitreal can be spewed about it that, I was like, "It's causing my stress level to go up to read all of those." So, occasionally I'll see some articles or blog posts and I think, "Oh I can take a little bit of this and incorporate it."

Interviewer 1: Okay.

Joanna: But it's been so long since that's happened but ... it's a hard to -

Interviewer 1: Well, you kind of have your routines established.

Joanna: It's hard to say if anything recently with these three specific, I usually just go by what I think is right for the child. When all this happened with my 11 year old, that was a whole new ball game for me. Then all of a sudden I'm like, "I don't know."

Interviewer 1: You had to reevaluate everything it sounds like.

Joanna: Yeah, exactly, it did.

Interviewer 2: What are the main things that you are doing with technology aside from monitoring?

Joanna: Right?

Interviewer 2: [inaudible 00:30:42] technology is.

Joanna: I mean, I try and keep up with what's negative that's being geared towards children so if I see that some article said, "Oh people have been misusing this app." There was one app where there was like some secret portal into a chat. I can't even remember. What was it, last year or the year before. So ...

Interviewer 2: Where are you finding this information?

Joanna: Facebook.

Interviewer 2: Oh this is Facebook.

Joanna: Yeah that was Facebook. Somebody, and then you never know what is, 'cause people don't fact check so they just will ...

Interviewer 2: Post whatever.

Joanna: Post whatever and then you're like , "OK but now I gotta figure out if this is real."

Interviewer 2: Right.

Joanna: So usually that's when I go to my husband and I'm like, "Oh is this," and if he says, "Nope, that's real." He will be like, "No, I'm keeping an eye on that." Especially with the computer, computer wise. Or he'll send me, "No that's not something that's possible, that's a fake." You know, that's something to start ...

Interviewer 1: Panic.

Joanna: Panic. Exactly. So usually if I read an article like that, I usually double check with him first because he'll be able to tell me, because that's what he does at work. 'Cause he works with the tech, the IT.

Interviewer 2: He works with tech, yeah.

Joanna: Right, with the IT and the safety part.

Interviewer 1: Risk Security.

Interviewer 2: Oh.

Joanna: He works at TDS Telecom and so not only does he work with the security of it, he's programming to make sure the security of it is solid.

Interviewer 1: So he knows all the spam and all the kind of possible risks. [crosstalk 00:32:41]

Joanna: Right. Risks that you know, if this is, and where you can navigate. Man, I wish he was here 'cause he could tell you a lot more about that because that's what he works with.

Interviewer 2: I didn't know that.

Joanna: Yeah, [inaudible 00:32:54].

Interviewer 2: Is it safe to say he's an expert in technology?

Joanna: I mean close, yeah, I would say he's an expert.

Interviewer 2: What are, what are you bill your software, I mean are you?

Joanna: Oh I'm not an expert at all, I'm savvy enough to navigate

Interviewer 2: Yeah.

Joanna: But I'm not an expert. I would say he is an expert and he could help me.

Interviewer 2: It sounds like it.

Interviewer 1: Can I, before we kind of wrap up?

Interviewer 2: Wrap up, yeah.

Joanna: Yup.

Interviewer 1: I just want to go back to, I really appreciate your kind of individual approach to your twins and your 11 year old. Can you just talk us through a typical day, like how they would use media across the day. I know there's like no typical day right now but.

Joanna: Right now, that's really difficult because there is no typical day.

Interviewer 1: Or maybe like when school starts or if you can think back to in May. What was it like?

Joanna: In May, when school ended. I would say in the morning, there's usually none. There's no, maybe ... OK that is a lie. So then everybody would be getting up. My 11 year old.

Interviewer 1: She was 11 at the time.

Joanna: No she wasn't, I lied. She was 12, darn. They would be getting ready to go to school and then my twins walked to the bus stop. So they were waiting, everybody else would left and then they're sitting down and so they would have breakfast. And when they had breakfast, they would usually have some sort of device or would be in front of a device eating breakfast. Like I said, my son is, he's more involved with the food so it would be "How many breakfast's can I get before I get to school and have more breakfast?" And he's a tiny guy too.

Interviewer 1: That's so funny.

Joanna: So funny.

Interviewer 1: So then they would be playing games or watching?

Joanna: No, they would be watching something at that point because they'd be too intent on eating. Usually it'd be on Netflix or -

Interviewer 1: Or Hulu or Amazon Prime okay.

Joanna: Yeah before they took off The Backyardigans. It would be on Amazon Prime too, and then they took that off so that didn't happen anymore. So they'd usually be watching something, not playing anything and then um ...

Interviewer 1: Was that like a social thing, would they watch together at the same screen?

Joanna: Yup, they would watch the same screen together and they'd usually be interacting. In fact, when it would get quiet I'd be like, "What in the world, where are you guys? Did you leave for school yet," 'cause they usually came and tell me when they were leaving 'cause they would walk to the bus stop since it was right across the street. So, yeah that would be the morning. And then at school they would have an iPad and do the school related tech stuff.

Interviewer 1: Yeah.

Joanna: And then after school when they got home, it would again be just the twins and I. By that time, I was real tired after a whole day I would usually be like sitting down with my own. And then they would, because it's just the two of them, they would again probably be sitting down with a snack eating and then watching something. Then after that everybody else would get home soon after and then they would go outside and play.

Interviewer 1: Okay.

Joanna: So then there would be no screen time because they'd be outside yelling at the park.

Interviewer 1: Yeah.

Joanna: In the backyard, you can hear them all over the block, they had friends down the street that they all went to school with. And so, yeah, they were out playing.

Interviewer 1: Okay.

Joanna: Then it'd be time to come in for dinner and then usually after dinner they would probably be going outside again, playing with the dogs 'cause we have dogs.

Interviewer 2: Any screens during dinner?

Joanna: No, no screens during dinner usually. I shouldn't say that, a lot of the times I had theater, so I do not know about that. 'Cause I would usually be gone during that time so I usually didn't sit down with dinner. Snack yes, dinner, I was usually gone to rehearsal. So my husband would know better.

Interviewer 1: So you say he's the one who makes decisions, but are you the rule maker about screen time and kind of like location like no screens at dinner? Or is that you, or is that both of you?

Joanna: Yeah, so when I'm there for dinner and we're all sitting down for dinner then it would be no. No screens at dinner, put your phones away, we're gonna actually interact.

Interviewer 1: Do you feel like that's coming from you or is it joint?

Joanna: No, that's usually both of us. But then, I know that when it would be just him and I'm gone, he's usually in front of his computer because that's his downtime. After he's had a long day, he would be the one picking up all the kids from the different schools. The other two I was just there waiting

for them to get off the bus but I also came from work or during stuff during the day. My chill time would be when they get off the bus and I'd be in front of my own screen and then they would be eating their snack or whatever, and then they'd have their screen. and then they'd go out and play when everybody's together. Then I'm usually gone and that was his time after cooking dinner. He would sit and eat dinner in front of a screen and then ... so I'm guessing they might have a screen, guessing by all the dishes that were on the table, it doesn't look like it.

Interviewer 1: So it sounds like their kind of purpose for screens is like a transition time, a chill time and you're kind of modeling that as well.

Joanna: Usually. Right. I mean that's pretty much, usually it's a transition time. So like I said, 'cause then after, you know, it would start to get dark, would hit a certain time, then they'd come back in and that's when the screens would really come out. That's when the separation would really, 'cause then they'd had so much time together after school and then everybody's getting tired after a long day and everybody's snapping at each other. Then the screens would come out and maybe, you know.

Interviewer 1: Individual.

Joanna: Yeah individual. Yup, that's when they would play their games and now that's what they do too at night, usually they bust it out.

Interviewer 1: So you're 8 year old daughter's playing Fortnite as well?

Joanna: Yup.

Interviewer 1: So is that routine, that day, that life in the day of your twins, is that similar fr the 11 year old or is that totally different?

Joanna: It's very similar, she doesn't, I mean she plays Fortnite with, they loved ... no no I lied, she does play Fortnite with them because her and my husband would play as well. They would sit in front of the iPad and they would play together. I forgot about that happened over the summer.

Interviewer 2: It's a family thing.

Joanna: It is, because he's a gamer so he's all about ... and so, they would, and all of a sudden I'd hear, "Daddy, I got this whatever." Or "I killed this whatever." I don't know anything about the games, he does. I have no clue.

Interviewer 1: So he's a serious gamer then?

Joanna: Oh yeah, he's a serious gamer so he would usually play with them. So, yeah, typically that's the same thing but those three they love to play hard. So they're very limited in front of the screen because they want to be outside moving. Especially my 11 year old because of, she just can't sit still, she has to be doing something. So she will sit, play the game, as long as she can stay engaged in it, otherwise she's outside playing, running around.

Interviewer 1: But still play, I mean it's like, play. But different modes of play.

Joanna: Play. But different modes, that's true. Different modes of play rather than sitting stationery play.

Interviewer 2: [crosstalk 00:41:06]

Joanna: But she has to keep her body moving, otherwise she gets very anxious and anxiety.

Interviewer 2: I'm aware of the time.

Interviewer 1: Okay, yes.

Joanna: Okay.

Interviewer 2: Do you have any other questions that you would like to ask?

Interviewer 1: We're good.

Interviewer 2: We've got the basic inventory at the end here.

Interviewer 1: Yeah, it's a little demographic questions. Would you describe your whole family as African American?

Joanna: They are mix of African American and White, non Hispanic.

Interviewer 1: So your kids are mixed race.

Joanna: They are mixed race.

Interviewer 1: And your husband?

Joanna: Is white.

Interviewer 1: And these are optional, I should've said that.

Joanna: Yup, nope, no problem.

Interviewer 1: And then, could you tell us your highest level of education for you and your husband.

Joanna: My husband is high school graduate, he does not have any college. I have some college, I do not have a college degree yet, I'm working towards that. So, nursing, I'm gonna get there.

Interviewer 1: Nursing, yeah.

Interviewer 2: I can tell.

Joanna: My God, it's my passion.

Interviewer 2: I can totally see that.

Joanna: I want to birth babies, I want to be in the [crosstalk 00:42:15]. That's what I'm working towards.

Interviewer 1: So, I guess, I just anything else you think the library should know, or we should know about kind of parenting in the ages. I call it the emotional labor of parenting in the digital age.

Joanna: Oh gosh, emotional of parenting, oh God, there's so much I'd like to, I mean I am grateful for, because there are those times like at night, when they've had enough of each other and they're arguing, where they can separate and have their, which is why they have their screens. I mean, not only for us to be able to cal them and get ahold of them but for them to have a way to, that doesn't involve always having to drive them somewhere or cart them somewhere, for them to have a way to decompress. 'Cause it's helpful with my daughter at 11 who has a mood disorder, and she can decompress by you know, sitting and watching Full House.

Interviewer 1: Absolutely.

Interviewer 2: It makes a lot of sense.

Joanna: Because, what I was raised on. But like, it's something that's wholesome, she doesn't have to, there's no anxiety there with Full House.

Interviewer 1: Yeah, when you say wholesome and you use -

Joanna: I shouldn't say wholesome.

Interviewer 1: The word inappropriate before.

Joanna: I know I did and I ...

Interviewer 1: I'm sorry, that's, as a researcher, I kind of notice things like that so -

Joanna: I'm like "Ahhh, that's not the word I." But, yeah.

Interviewer 1: SO, inappropriate, what else do you consider inappropriate? What are you trying to?

Joanna: I'm trying to stay away from heavily sexual content, I personally don't mind some sexual content because I think it's necessary for growth and for understanding and to not stigmatize sexuality because I think everyone, ya know. Violence, especially with my 11 year old, that's what I find highly inappropriate.

Interviewer 1: That's a trigger for her.

Joanna: I'm trying to, that's why with some of the Fortnite stuff I'm like, "Wait a minute, you're killing, what are you doing?" But like I said, i trust my husband to know what is appropriate for their age. Like with social media, I think because of things that can happen, I think there's inappropriateness there with what content they should be seeing from other people their age who their family might not have the same ideas and beliefs that I do. So, I guess appropriateness in that sense, but usually it's geared toward violence, I want them to stay away from heavily violent things that are, yeah. And then also ideals that don't line up with mine. I don't really like to say that but I don't want them to be bigots and I don't want them to see, you know, racism. Not to not see racism but to, because obviously they're mixed raced, their mother is black, they're gonna see racism. But I don't want them to think that it's okay or that this should be ... if they're goin to see it, I want to be able to sit down with them and explain why this is wrong or why, you know.

Joanna: That's basically what I've done since my other ones were little.

Interviewer 1: Okay.

Joanna: And that's really hard, when I say inappropriate, I don't mean. It's such a -

Interviewer 2: It's a loaded word and

Interviewer 1: It is.

Joanna: It is a loaded word, and I'm like

Interviewer 2: Your explanation is.

Interviewer 1: No, I really appreciate your kind of nuance.

Interviewer 2: Yeah.

Interviewer 1: For us, that's really helpful.

Joanna: Okay.

Interviewer 2: Yeah.

Joanna: So, I'm like "Ahhh," I thought it in my head like, "I said inappropriate and I don't mean."

Interviewer 2: Yeah, that's great.

Interviewer 1: Yeah, Yup, that's our job, is to kind of like dig further.

Joanna: Yeah.

Interviewer 2: I need to head out.

Interviewer 1: Yeah.

Joanna: Okay.

Interviewer 1: Just one final question. Do they use FaceTime as well?

Joanna: They use FaceTime with me and then with each other and like I said, I can see it. So they don't use FaceTime with any of their friends.