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Interviewee: Mother of 1 son age 8

Interviewer: So let's start by asking how many children you have.

Interviewee: Just the one.

Interviewer: The one?

Interviewee: Yep.

Interviewer: Okay, and the age?

Interviewee: He's eight.

Interviewer: He's eight? okay. Our project of course is on children ages five to 11, so we'll ask questions primarily about that age group and your one child who's eight. Okay, so we'd like to chat with you about electronic devices such as TVs, smartphones, laptops, iPads, E-readers, desktop computers, gaming consoles, basically anything with a screen, so you might think of others as well. So first let's make a list of the different devices your family owns and how your family members use them and we'll come back to this list a few times throughout the interview so that we can ask additional questions. Okay?

Interviewee: Okay.

Interviewer: Tell me about the devices your family owns and how your family members use them.

Interviewee: We have one TV in our living room. We have a few different gaming systems. Is that ...

Interviewer: Mm-hmm (affirmative).

Interviewee: We have a lot of gaming systems, actually.

Interviewer: Can you explain that a little bit more?

Interviewee: We have an Xbox 360, a GameCube, Nintendo 3DS, Super Nintendo, pretty much anything made by Nintendo, every Nintendo ... What's the new system that just came out? We have a new Nintendo system that just came out.

Interviewer: That's okay. I-

Interviewee: I can't remember what it's called.

Interviewer: I don't know what it's called either.

Interviewee: The Switch. The Nintendo Switch.

Interviewer: That's the one you hold in your hand and you can switch it between the console and hand-held?

Interviewee: Yes. And then my husband and I each have a smartphone. And we have two tablets, I think. They don't get very much use.

Interviewer: Any others? Anything else you can think of?

Interviewee: No, not that I can ... We've got two smartphones, two tablets, and the gaming systems. That's it.

Interviewer: And who uses the gaming systems primarily?

Interviewee: My husband.

Interviewer: Your husband?

Interviewee: Mm-hmm (affirmative).

Interviewer: Your son doesn't use the gaming systems?

Interviewee: He does, not very often, though.

Interviewer: And he doesn't have his own smartphone?

Interviewee: No.

Interviewer: Does he use the tablets? I think you said they have low use.

Interviewee: He does occasionally. He used to have a tooth brushing app but then he stopped using that. So, now he's like ... Now he has a little radio in his room, so he'll stand right in front of his radio and brush his teeth to make sure he's doing it for two minutes. But he doesn't use the tablet very often.

Interviewer: I had no idea there was an app for brushing your teeth. How interesting.

Interviewee: There is one for everything nowadays.

Interviewer: There does seem to be that. Doesn't it?

Interviewee: Yeah. He wasn't doing too well brushing his teeth, so I was like, "I know. If I find a fun app for kids, put it on the tablet where it will teach him how to brush his teeth better, then ..." So, he used that for about three months. Three or four months before, I guess, he got bored with it and he stopped using it.

Interviewer: That's interesting. I had not heard of an app for brushing teeth. How cool. Do your children ... Or does your child use devices anywhere else, such as friends' or relatives' homes, day cares, or even the library?

Interviewee: He does at my grandma's house. Or at his grandma's house.

Interviewer: And what does he use there?

Interviewee: He uses her phone.

Interviewer: Does he watch television there? Or ...

Interviewee: He probably ... Yes, he does watch TV there but a lot of it is games on her phone.

Interviewer: So, I've written down this list of the electronic devices you mentioned. Let's talk through each one now. We already talked about who the primary users are, so we won't go back over that. But for the ... Do you have a computer in your home?

Interviewee: Yes, we do.

Interviewer: Is it a laptop, desktop?

Interviewee: It's a laptop. Yes.

Interviewer: A laptop. And who are the primary users of that?

Interviewee: That is me.

Interviewer: And for what purposes do you use the laptop?

Interviewee: Mainly just for online shopping or if I need to look something up.

Interviewer: What is the primary use for your living room TV?

Interviewee: We watch TV on that. We have the Xbox connected to it, so we use that for Netflix and YouTube.

Interviewer: Do you have cable?

Interviewee: No. We just have an antenna. We just have the very basic.

Interviewer: And the gaming systems are used primarily by your husband?

Interviewee: Primarily, yes. He does play occasionally but it's only every once in a while on the weekends, maybe a little bit more during the summer.

Interviewer: Your son does play?

Interviewee: Mm-hmm (affirmative). Yes.

Interviewer: And the smartphones, one is yours and one is your spouse's. What are the primary uses of your smartphone?

Interviewee: Mine is for texting and his is mainly for work purposes.

Interviewer: And your son doesn't use your smartphones?

Interviewee: Every once in a while he'll play a game on it but it's not very often.

Interviewer: And the tablets, you said they're low-use. When they are used what do you use them for?

Interviewee: Me, I use it for E-books. If I can't find an actual book at a library then I'll download the E-book on the tablet.

Interviewer: Does your son use the tablet at all?

Interviewee: He hasn't used it in quite awhile.

Interviewer: All right. We talked about the laptop. All right. Think about your child's day yesterday or a recent day you were together. Walk me through the day from the time the child woke up until bedtime, paying particular attention to the devices he used.

Interviewee: Let's see. Yesterday I had the Memorial Marathon and my husband had to work early at 6:30 to 3.00. So, Ian said he woke up at 6. I came home at about 8:30 from the marathon and he watched TV that whole time. It was through the Xbox/TV. He was watching YouTube. And then, let's see. We went to the marathon to support some of the runners. We came home at about 2:00 or 3:00. I sent him to play outside, and we watched about 45 minutes' worth of TV later that night.

Interviewer: Did you use any of the other devices? Did he use any of the devices during the day?

Interviewee: I downloaded the Memorial Marathon app so I could track where the runners were, so every once in a while he asked us that he check where they were, but that's about it.

Interviewer: It sounds fun. Looking at our list again, how do these devices fit into your family routines?

Interviewee: The TV/Xbox gets a lot of use just because we like sitting around watching shows with him as a family, or there's stuff I like watching on YouTube. The gaming system is mainly my husband. My child does like watching him play that.

Interviewer: So, they're primarily for entertainment purposes?

Interviewee: Yes.

Interviewer: All right. How about the smartphones?

Interviewee: The smartphones, as I said for my husband it's mainly to keep track on work. He has to be on his phone where he can see the numbers, because he manages a Sonic, so he needs to keep track of food cost, and labor cost, and all that fun stuff. So, he can do that remotely through his phone. And mine is just to keep in touch with people.

Interviewer: All right. And the tablets get low use, so they probably aren't part of your daily routine?

Interviewee: No.

Interviewer: Or your family routine. And the laptop you said it's primarily for ... That you use it primarily for entertainment or finding information.

Interviewee: Correct.

Interviewer: And those don't really figure into your daily routine. It's just when you need to use them?

Interviewee: Yeah.

Interviewer: Do you think that this routine and how you use devices in your family has changed as your children ... Your child has grown older?

Interviewee: No, I don't think so. I know games have been a big part of my husband's life. So, he grew up playing games. I did not, so that's why I'm not ... I'll play every once in a while, but so, my child sees my husband playing and he thinks that's fun, but that's always been a part of our lives.

Interviewer: Do you remember how the routines for technology in general use in your family were established when your children were very young? I guess they're not moving out.

Interviewee: How they were established? I've always tried to keep him ... Keep the younger one away from the TV as much as possible. It's gone easier now that he's older because I can kick him outside to go play with his friends. We live in a nice neighborhood, but previously we lived in townhouses and apartments and I didn't quite trust the area, but now there's more kids so I can ... "Okay, go play. Go find your friend, go ride your bike, go play in the park."

Interviewer: Does your son have friends or relatives who make suggestions or model things to do on the devices?

Interviewee: I know some kids at his day care do bring in devices, but I don't know as far as suggesting things. I know when he's at his grandparents' house they don't suggest anything. They don't know what's going on in YouTube or ... So, he finds things.

Interviewer: So, he uses his grandmother's phone, you had mentioned earlier?

Interviewee: Yes.

Interviewer: So, he just basically finds whatever games ... She doesn't know about games or things like that. Correct?

Interviewee: Correct. Yeah.

Interviewer: All righty. Do they give you suggestions on how to guide your children in the use of technology?

Interviewee: No. I try to ask her if she'll keep his phone time and screen time down, but that doesn't seem to happen. So, they definitely don't give me any guidance on how much he should be watching or ...

Interviewer: Who primarily helps your children with the devices? For example, when they need help getting started or when something needs fixing?

Interviewee: He's too smart. He figures it out on his own.

Interviewer: Really?

Interviewee: Yes.

Interviewer: So, he can figure out how to start a game, how to get it downloaded and things like that?

Interviewee: Yes.

Interviewer: Or if something needs fixing, like if the Xbox isn't working or YouTube isn't coming up on television?

Interviewee: That's rare when it happens. Usually he'll just do the restart, turn it off, turn it on again. And that usually fixes it. And if something isn't working that he wants to, like YouTube, and he can't fix it he'll just switch to Netflix or something.

Interviewer: All right.

Interviewee: He always ... Make do with a substitute.

Interviewer: So, he doesn't come and ask Mom to fix?

Interviewee: Not generally, no.

Interviewer: Who is your house makes decisions about purchases of the technology of these different devices?

Interviewee: That's tied pretty evenly between my husband ... I always buy him the new gaming systems for Christmas because I know he likes them and he'll use them. Other than that, the tablets are so old I don't even remember when we got those. The phones we generally just do when they can't be fixed and we take them in. They're like, "We don't make this anymore. You need a new one." We're like, "Are you sure you can't fix it?" I think the gaming systems is the only thing that we keep up to date.

Interviewer: So, you don't download the apps or something for your phone or things like that? Purchase apps for your phone?

Interviewee: I do have a free ones, nothing I've really purchased.

Interviewer: And who in your family makes decisions on what your son is doing on the devices?

Interviewee: We'll talk about it, but he generally keeps to age-appropriate things. So, it's not ... My husband likes sleeping with the TV on for noise. It drives me crazy. He's like, "Okay, if you want noise use the radio." That's what I do because it will discourage Ian from just sitting in front of the screen and watching news.

Interviewer: So, your husband and yourself talk about screen time and games for your child?

Interviewee: Yes.

Interviewer: All right. Which of these devices does your child use independently?

Interviewee: Every once in a while he'll take my phone and use that without permission. But he has a Nintendo 3DS. Every once in a while he'll grab that too and take that to school, but we try to keep that out of reach so he can't get to it.

Interviewer: And how about the TV?

Interviewee: The TV he generally just turns it on in the morning when he gets up.

Interviewer: So, he uses that one independently?

Interviewee: Yes.

Interviewer: When do you feel a need to guide your child to use of these devices?

Interviewee: In the mornings I'll let him do it. If he doesn't watch TV in the morning then he's in the bedroom bothering me, asking if I'm awake yet. So, generally I'll let him do it in the morning. I don't sleep in too late. And then lately he's been sleeping in so he hasn't had a chance to watch TV in the morning. And then after school I

always try to get him to play outside if it's nice as opposed to watching TV. He like, it's, "But I haven't watched anything all day." "Okay. Good for you. Gon on. Go play." Usually in the evenings we'll watch about ... We'll watch TV.

Interviewer: And in what ways have you provided guidance on how to use them? Mainly just talking to him?

Interviewee: Mm-hmm (affirmative). Yes. Sometimes I'll be like, "You know, you've been watching a lot of TV. You're not allowed to watch it in the mornings for the next week or so." He has to ask to play games. He can't just decide on his own.

Interviewer: So, do you have rules in your house about if he has his homework done, if he has his chores done then he can go and use devices, or do you kind of curtail just overall?

Interviewee: He just generally has to ask us. The only time he can't ... I had to set a rule in the morning that he's not allowed to watch TV before 6:00 a.m., because every once in a while he'll get up at 2:30 in the morning and start watching TV.

Interviewer: Okay. Do not send him to my house. I have a dog that does that.

Interviewee: That has backfired on me once or twice, but once in a while I'll say, "I don't care what you do. You're just not allowed to watch TV. You can play quietly in your room at 2:30 a.m., but all I care is, no TV.

Interviewer: How do you make decisions about guiding your child to use the electronic devices?

Interviewee: I don't like him being on them too much. I want him to use his imagination and play outside a lot. He's an only child, so he seems to like attention, which is strange to me because I was an only child and I was perfectly content playing by myself. So, it's a bit of an adjustment finding things for him to do, or telling him, "Go play in your room. Go play with your Legos for 45 minutes, and then after that go play outside with your friends."

Interviewer: He's at a good age, 8. He can start really doing a lot of things, a lot of fun things.

Interviewee: He just doesn't like to. I have to suggest them.

Interviewer: I think that's good, though.

Interviewee: I'll tell him ... It's like, "Okay. Just play outside for 30 minutes and that's it. Then come back in and do whatever you want." And then he'll be outside for the next two hours. "All right, this worked." He found friends, he found something to do.

Interviewer: So, when making decisions about guiding your child to use, do you think about whether an activity is educational or not?

Interviewee: Generally I don't ... I will let him do a little bit more if it's educational. The way I heard about this thing was I went to a slime-making class at the library and they had a video, "The Science Mom Had a Big Slime." So, when we got home Ian wanted to watch it. I was like, "Okay. This is fine. This teaches you things."

Interviewee: So, he was very excited for that, so I want to look into more for videos. If it's educational like that I'll give him a little bit more leeway, but most of the time it's just game videos, watching other people play games.

Interviewer: How do you decide if an activity is educational?

Interviewee: Does it have any educational value? Is it teaching him anything about ... That he would learn in school, math-wise or science-wise?

Interviewer: What other purposes do you see for your child's use of electronic devices? So, educational.

Interviewee: It keeps him entertained and [inaudible 00:19:54] in the morning times.

Interviewer: So, recreational?

Interviewee: Yes.

Interviewer: Are there any uses of the devices that you worry about?

Interviewee: I know there's been a lot of things going around about inappropriate YouTube channels that are towards kids but actually are not appropriate for children, so I worry about him finding some of those. He hasn't really ... There have been a few where there's been more swearing than I care for, so I'm like, "Okay, you need to stop watching this for a little bit." And usually the swearing comes and goes, and next it will be like for a two or three streak, and then ... So, I do monitor that. I just worry about he's going to stumble on something inappropriate for his age.

Interviewer: Does he find the videos himself, or do you help him find them?

Interviewee: He does, yes.

Interviewer: So, he's good at searching for the different videos?

Interviewee: Yes.

Interviewer: All right. So, let's talk more about you in terms of the resources that you use. Are there websites, magazines, TV shows, or other resources you've seen or heard about parenting children's use of electronic devices and screen media? Or, are there websites that you've used to learn more about screen time?

Interviewee: Not websites. Through magazines I've seen a few articles on how to monitor for your children, but I just read them and I don't really take them into account. I

know what he's doing most of the time. When I said the TV is in our living room, so I can see it from the kitchen or I can hear it from the bedroom. So, it's not in his room so I have a good idea of what he's doing, what he's watching.

Interviewer: And do you remember what those magazines were?

Interviewee: I do not. Real Simple was possibly one of them.

Interviewer: There's a magazine called Real Simple?

Interviewee: Yes.

Interviewer: Interesting.

Interviewee: I subscribe to it for the food recipes.

Interviewer: It sounds interesting. Do you learn something about a simple lifestyle? Is that ...

Interviewee: Just ways to make your life more simple, tips on cleaning, and how to keep your house clean, and how to deal with guests, and children problems, and recipes.

Interviewer: It sounds good.

Interviewee: How to host a party.

Interviewer: So, are there any particular websites or other resources, like people?

Interviewee: No. Not generally, no.

Interviewer: All righty. Where were we? And did you find the articles to be useful to you?

Interviewee: I thought they were interesting. I don't remember really taking anything from the article and actually applying it. I don't like when others tell me, "This is what you need to do." I feel like I'm monitoring it pretty well.

Interviewer: So, this is along those same lines. Have you received advice from anyone about guiding your child's use of these kinds of devices?

Interviewee: No. I'm an introvert, so ... My husband and I are both introverts actually, so we don't have a big circle of friends that we talk to, and so it's a lot easier. And then some of our friends don't have kids, so I think they're the kind that don't give us advice-

Interviewee: ... about our children when ...

Interviewer: And we've talked about grandparents. Your grandparents really don't give you ... Or Grandma doesn't give you advice?

Interviewee: No.

Interviewer: She's still learning herself. Have you been offered the chance to get advice from professionals in the community such as librarians, teachers, police, doctors, or others you might think of?

Interviewee: No.

Interviewer: So, they don't have programs at the library or in the school that talk about screen media for parents?

Interviewee: Not that I know of. No.

Interviewer: And your pediatrician isn't ... This isn't something they cover?

Interviewee: The past few times my husband has taken him into the pediatrician, but I don't think it was covered.

Interviewer: All right. So, these next questions aren't applicable. Or is this advice useful to you? You really don't-

Interviewee: No, I didn't really get any advice.

Interviewer: All right. So, if you were to get advice from other people, what would you like to learn?

Interviewee: Oh, boy. I don't know. Just maybe numbers on the size ... How much time is good for a child, that way I have something solid to compare it to. Only just numbers and stats.

Interviewer: How do you know whose advice to follow? If there's a website that you find online, how would you know if that's reputable or not?

Interviewee: I just have to use my own judgment, see what the advice is, whether it's applicable to our lives or not, whether it can be done.

Interviewer: In what areas do you feel comfortable guiding your child?

Interviewee: What exactly do you mean?

Interviewer: No. So, you've mentioned you'd like to have more information about how long or how many minutes per day, or per hour, or whatever, to allow your child to use different screens. Are there areas of his screen time that you feel comfortable about guiding him, that you feel like you have enough information about?

Interviewee: I feel comfortable with the things he watches. I definitely need to guide him on how much time he spends watching them.

Interviewer: Sorry. Go ahead.

Interviewee: Morning times are the biggest times because sometimes he does get up right at 6:00 and starts watching, but he's branched off a little bit. He has started to make breakfast for himself. Pancakes? Okay, good. That's a 30-minute gap where he's not watching it. He's doing something else.

Interviewer: So, you feel comfortable with the types of content he finds on his own? You don't feel it necessary to guide him away from things, except occasionally, you mentioned.

Interviewee: Correct. He has pretty good judgment on what he's watching.

Interviewer: He knows what you've told him you'd prefer he watch.

Interviewee: Yes. He does what I'll allow.

Interviewer: All right. What are the main things you do with technologies? We talked a little bit about this earlier, such as communication, entertainment, work, research, creative production, and things like that. What are the main things you do?

Interviewee: It allows me to keep in touch with people. Most of my family is out of state, so it's a good way to keep in touch with them. And then I read a lot, so thankfully there's an app that helps me to track all the books that I love, and I don't know what I'd do without.

Interviewer: In relation to each device you've mentioned, would you describe yourself as an expert, beginner, or somewhere in between in terms of using that device?

Interviewee: Somewhere in between.

Interviewer: Could you tell us about your child's other parent's experience with technology? What are the main things he does with the different devices?

Interviewee: I know my husband uses it as a way to relax because he spends a lot of time on his feet at work, and taking over a new store, so it's been kind of stressful so he uses that to relax.

Interviewer: And he uses his smartphone for work, you mentioned as well.

Interviewee: Yes.

Interviewer: He monitors different aspects of work.

Interviewee: Yes.

Interviewer: And the laptop is used primarily by you?

Interviewee: Correct.

Interviewer: All right. Let's see. Would you say that he would describe himself as an expert, a beginner, or somewhere in between in terms of using the technology?

Interviewee: He would also probably describe himself as somewhere in between.

Interviewer: It would be helpful for us to have some basic information about you and your family. How would you describe your ethnic background?

Interviewee: My husband would be white. I would categorize myself and my child as Native American.

Interviewer: All right. Could you tell me the highest level of education you have completed?

Interviewee: My husband has some college and I have an associate's degree.

Interviewer: All right. And what are your professions?

Interviewee: He is a general manager at Sonic. He manages a Sonic and I work at Paycom, so I work on the computer all day.

Interviewer: I don't know what Paycom is.

Interviewee: It's a payroll company.

Interviewer: You do payroll for various other places?

Interviewee: Correct. I work in the accounting department, so whenever a sales rep sells something to a client they'll give me the paperwork. I make sure it's all in order, and if it is in order I'll go ahead and start filling that client.

Interviewer: Great. Well, that is the end of my questions. Is there anything else you'd like to tell us on this topic?

Interviewee: No, I can't think of anything else.

Interviewer: Thank you for your participation in this study.

Interviewee: Also advice on educational channels, for my child to watch more of those because I just don't really have time to research into those. I brought a science game home earlier, so it would be nice to know about other channels like that where he'd actually learn instead of watching YouTube. That would be nice.

Interviewer: That would be something you'd like to learn more about?

Interviewee: Yes.

Interviewer: Good. Excellent. That will be added to our interview statement. Again, thank you very much for your participation. We appreciate your being here today.-