



SCHOOL LIAISON PROGRAM NEWS



Can Kids Get Addicted to Digital Technology?

Are you concerned about the time your child spends on digital devices? If so, you're not alone. Many parents and caregivers worry that screen time is taking over their child's day (and night), crowding out other activities they need for good health. To ensure there's balance in your child's life, it's important to maintain a steady sense of your child's screen time and how it affects their behavior. Consult your child's pediatrician if you're concerned about:

- ◆ Meltdown that happens nearly every time your child is asked to stop scrolling, watching or playing—no matter how thoughtfully you manage the situation.
- ◆ Changes in a child's sleep hygiene, eating habits or social activities that seem related to excessive screen time.
- ◆ Difficulty handling frustration or boredom without screens. (For example, they can't tolerate a short car trip or a few minutes waiting for a restaurant meal without demanding a tablet or phone.)
- ◆ Withdrawing further and further into the virtual world, isolating themselves from friends and family to spend more time online.

With the help of Pediatricians, they can help you sort out what's typical from signs that kids may need extra support.

Remember, kids of all ages will have trouble putting digital devices down from time to time. Brain chemistry makes it hard for all humans to stop doing something they enjoy. Digital tech is designed to hold out attention, which can lead to resistance when it's time to stop. Lay the groundwork in advanced before the child starts using the device. Have a family plan on the use of technology. Be a model to your children!

Advance planning can prevent struggles, but it won't eliminate every meltdown. Responding calmly, showing understanding and holding your ground are all essential ways to support your child in the moment. Your support can help kids build healthy tech habits they'll need throughout life.

Source: [Screen Time & Temper Tantrums: Helpful Tips for Parents - HealthyChildren.org](#)

Want to keep your student busy this summer?

Join the Dahlgren & Indian Head MWR Library with the summer reading program, **Read, Renew, Repeat** from May 1-Aug. 31. By logging minutes read, participants earn cool prizes. Sign-up at [DOD MWR Library](#). Contact 540-653-7474 (DL) & 301-744-4850 (IH).

"Without continuous growth and progress, such words as improvement, achievement and success has no meaning."

Benjamin Franklin

Application for [Dahlgren School's Pilot Program](#) for military families living off-post stationed at Dahlgren is open.

**MOVING OR TRANSITIONING WITH SCHOOL-AGE & INTERESTED WITH A SPONSOR?
CONTACT YOUR BASE YOUTH CENTER (DL-540-653-8009, IH-301-743-5456)**

DID YOU KNOW...

* The Virginia Department of Education has [Parent Ombudsman for Special Education](#).

*[Lexia](#) is proud to partner with families and the VA Department of Education to help fulfill the state's literacy goals. Create an account [here](#)

*[Charles County Public School's Pre-Kindergarten Program](#) is open to children who turned 3 year olds by Sept. 1.

*[College of Southern MD](#) offers Ealy College Program for CCPS rising juniors and seniors.

*CCPS offers [Virtual Summer Academy with FEV Tutor](#) a FREE tutoring resources for your child this summer!

*[Learning Disabilities Association of America](#) (LDAmerica.org) offers podcasts on different topics.

*Interested in getting access to various special education topics using [Special Ed Connect](#)? Please send email to NSASP_SL@us.navy.mil to request access.



**CONGRATULATIONS
2023-24 GRADUATES!**