
TWO JOURNEYS EVERY CHILD MUST TAKE

Parenting Children in the Digital Age

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NEGEV INSTITUTE

- **Our core mission is to partner with Christian ministries, churches, schools, and other faith-based organizations, to help address the felt needs in their communities around mental, behavioral, and relational wellbeing.**



HAVEN COUNSELING CENTER

- **We see it as our mission to represent hope and light to each other and the world around us and it is our desire that we can be a help to you.**



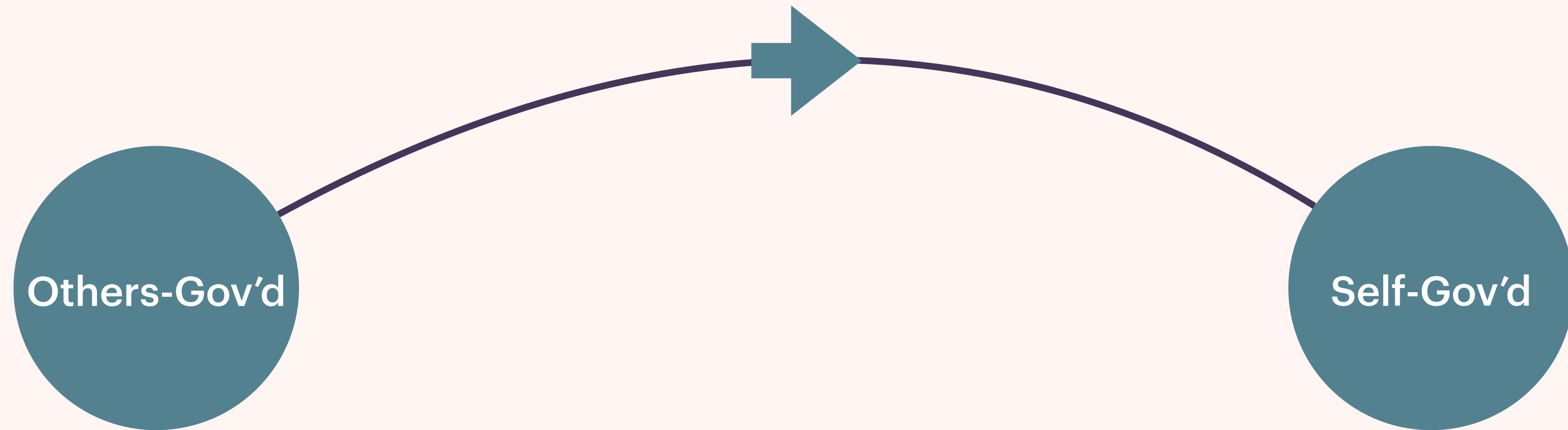
STORIES

**“PERHAPS IT TAKES COURAGE
TO RAISE CHILDREN...”**

John Steinbeck

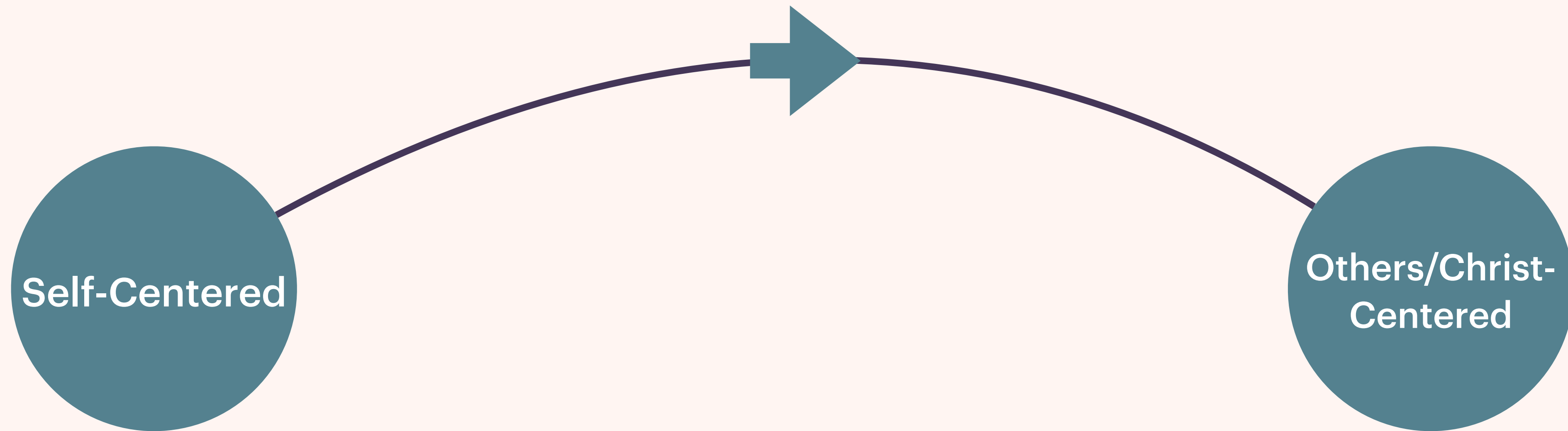
TWO JOURNEYS

The Journey of Self-Governed



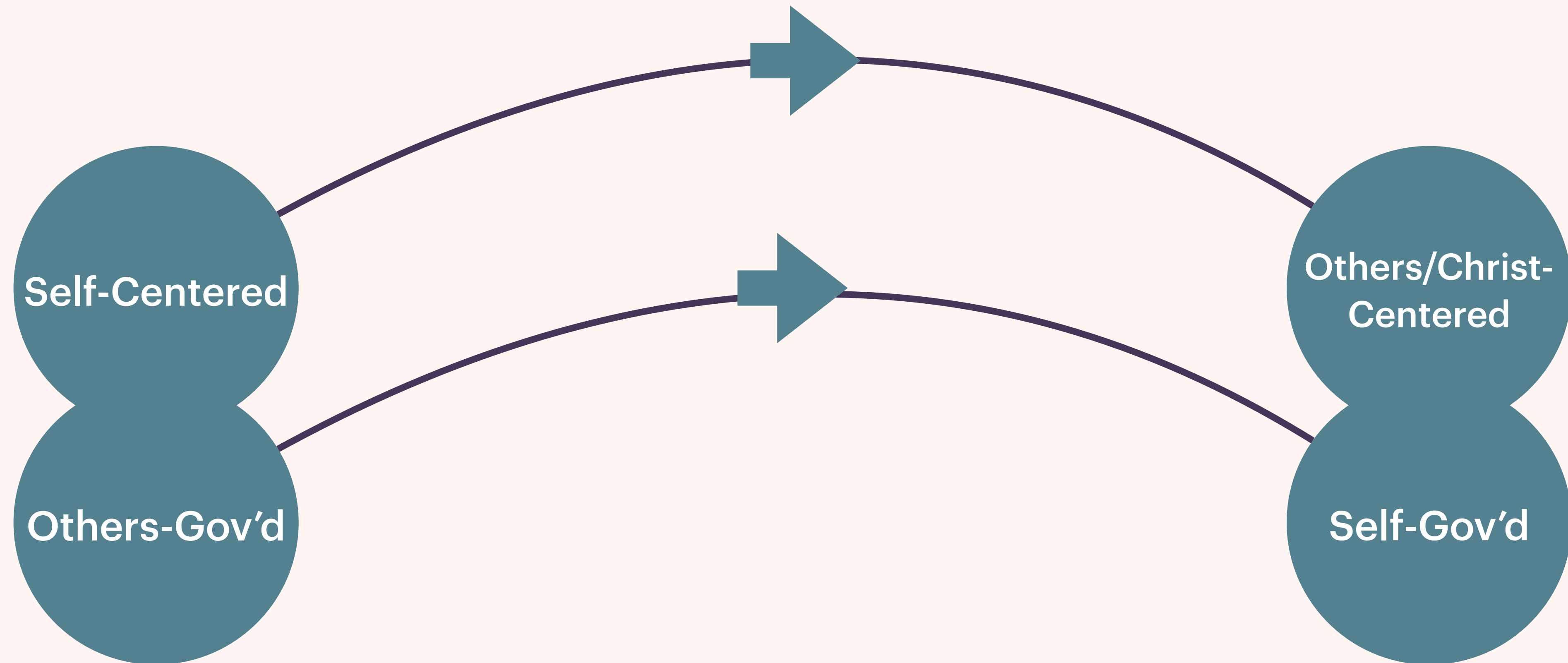
Typically done from ages 0-10
Essential Question: "Am I good?"

The Journey of Others-Centered

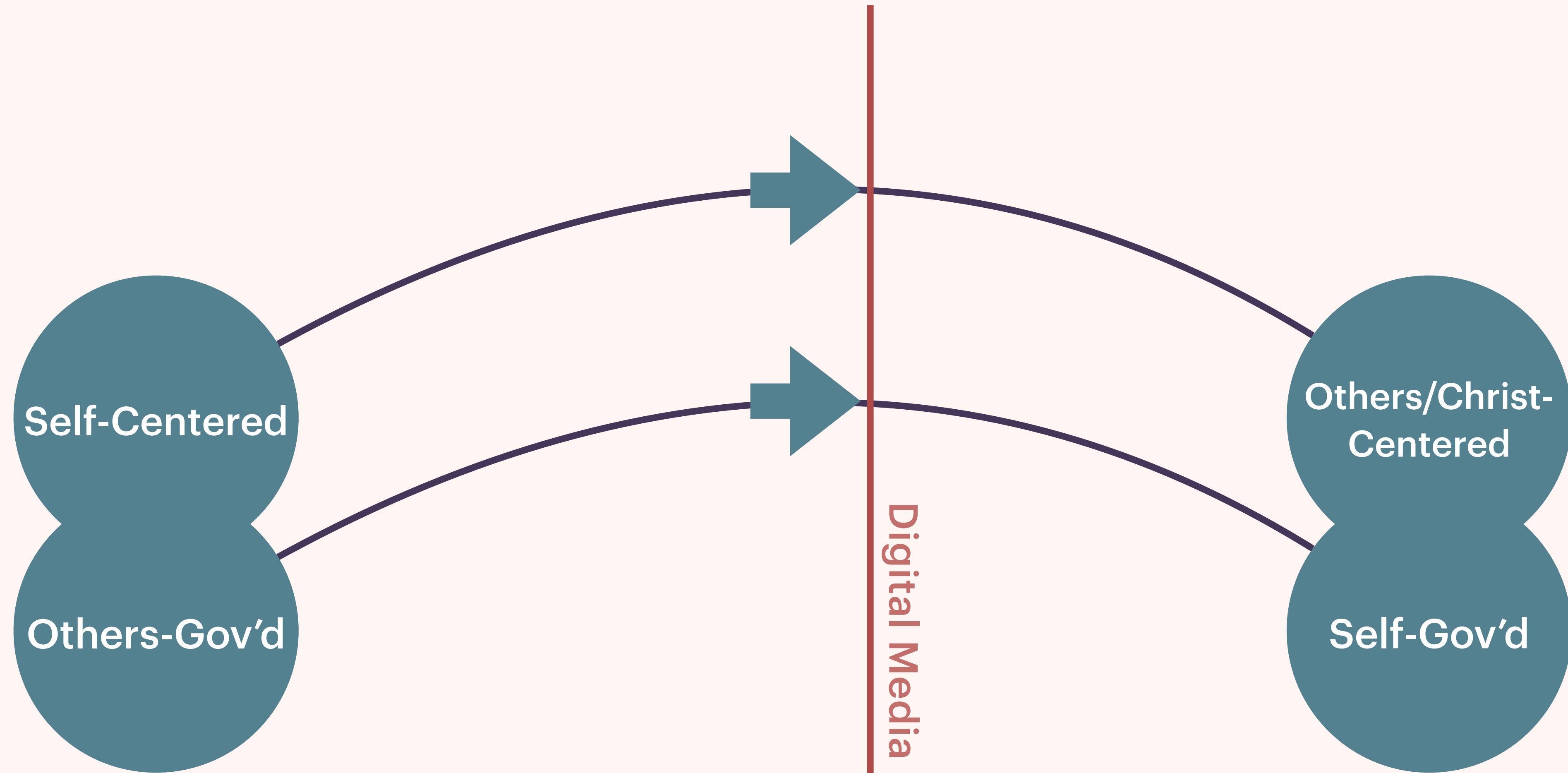


Typically done from ages 10-20
Essential Question: "Am I free?"

Sometimes done together



Challenges that digital media is creating



Digital Media = Internet, Gaming,
Social Media, YouTube

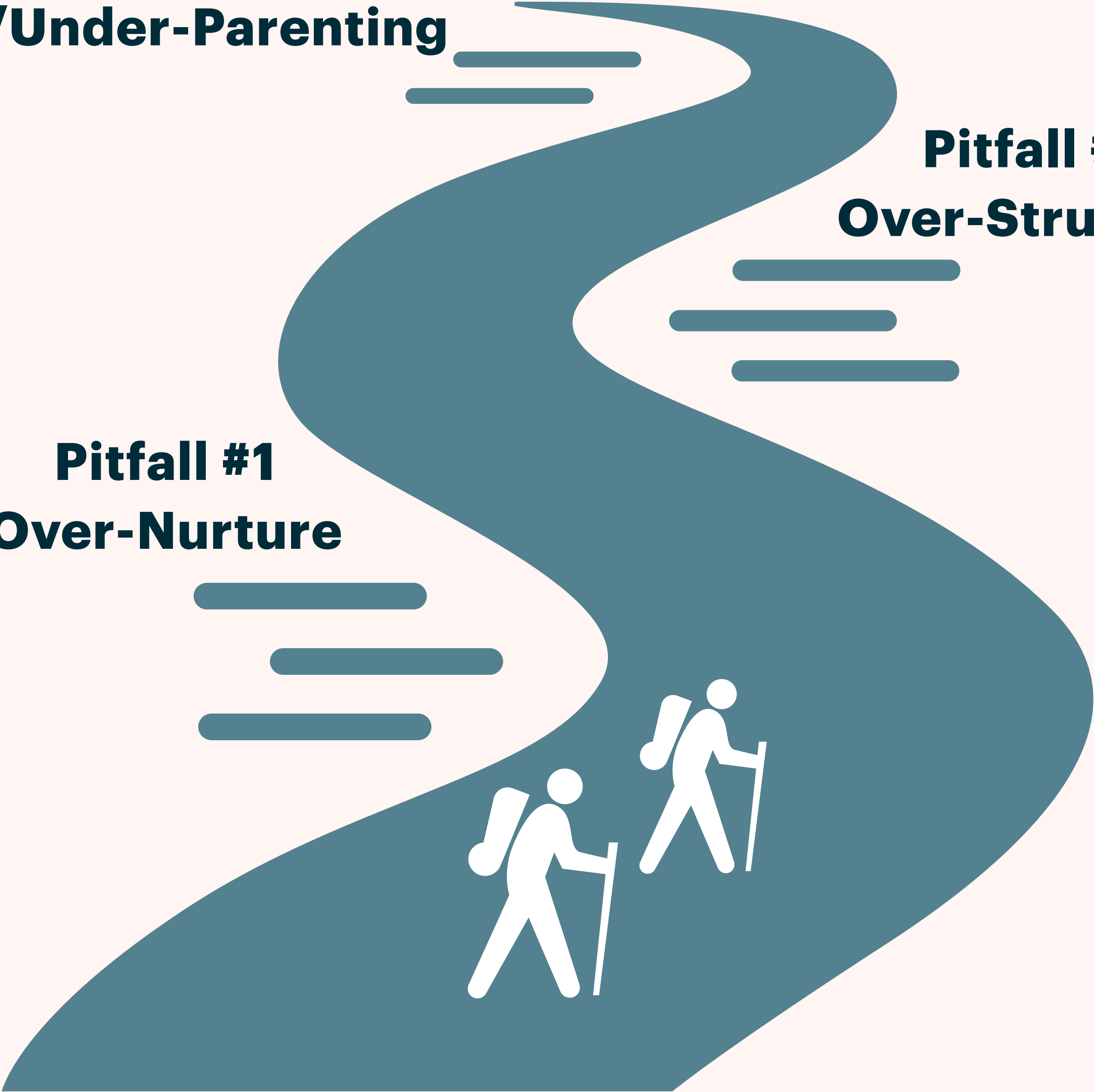
PITFALLS

IMPACT OF SHAME ON PARENTING

Pitfall #3
Over/Under-Parenting

Pitfall #2
Over-Structure

Pitfall #1
Over-Nurture



PITFALL #1

➤ **Over-Nurture - Permissive Parent (High Warmth, Low Structure)**

- **Tries to comfort the discomfort of child**
 - **Offers inappropriate reinforcement or bribe (i.e. a treat)**
 - **Parents become unpredictable to their child (Friend or Parent?)**
 - **Parents risk being cared for by the child**
 - **Children could experience anxiety based on parent's behavior**
 - **Parent feels embarrassed and at fault (shame) for their child's behavior**
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PITFALL #2

➤ **Over-Structure - Authoritarian Parent (Low Warmth, High Structure)**

- **Parents become overly-strict, rigid and cold with their child**
 - **Reacts sternly, dismissing child's emotions - "Stop crying, or I'll give you something to cry about."**
 - **Threatens punishment versus discipline**
 - **Child becomes exasperated and creates more distance from the parent**
 - **Children could grow in depressive symptoms and/or rebellious behaviors**
 - **Parent feels embarrassed and at fault (shame) for their child's behavior**
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PITFALLS #3

➤ **Under-parenting/Over-parenting - Divided Parenting**

- **Parents will swing the pendulum from one extreme to the other**
 - **Or, parents will over compensate for their spouse.**
 - **Children will be more open with one parent versus the other - creating alliances.**
 - **Independent versus Enmeshed Family Systems**
 - **Can create chaos and confusion**
 - **A parent enacts this out of frustration and desperation (shame)**
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**“TRUST YOURSELF. YOU KNOW
MORE THAN YOU THINK YOU DO.”**

Benjamin Spock

**“WE CANNOT ALWAYS BUILD THE
FUTURE FOR OUR YOUTH, BUT WE CAN
BUILD OUR YOUTH FOR THE FUTURE.”**

Franklin D. Roosevelt

TWO TOOLS

“TO BUILD YOUTH FOR OUR FUTURE”

NURTURE AND STRUCTURE

TWO TOOLS FOR EACH JOURNEY



TWO TOOLS FOR EACH JOURNEY



TWO TOOLS FOR EACH JOURNEY

- **Nurture - Providing an environment and culture of compassion and care.**
 - **Structure - Providing an environment and culture of stability and safety.**
 - **Environment - The surroundings and conditions in which a person operates**
 - **Culture - The attitudes and behavioral characteristics**
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NURTURE AND STRUCTURE FOR THE FIRST JOURNEY

JOURNEY OF SELF-GOV'D

➤ Nurture

- **Expectation of connection first**
- **The goal as the parent is to understand - then resolve. The goal of the child is to begin to communicate emotions and needs.**
- **Teach how to use “I feel” statements.**
 - **Model for them.**
- **Lead with compassion**

“Even if we disagree with you, we want to hear from you!”

“You can always come to me and your Dad.”

JOURNEY OF SELF-GOV'D

➤ Nurture

- **Psalm 103:13**

“As a father shows compassion to his children, so the LORD shows compassion to those who fear Him.”

JOURNEY OF SELF-GOV'D

➤ Structure

- **Put up guardrails - rules of the home**

- **Rules for the whole family.**

- **Rules for different ages - 10 yo, 12 yo, 14 yo, 16 yo, 18 yo**

“You can have your phone between 8am and 5pm, then it goes back in the drawer.”

- **Important to edit the rules based maturity - Moving from Other's to Self - Gov'd**

- **Show self-governance through modeling**

“We as a family are not going to have our phones at the dinner table.”

JOURNEY OF SELF-GOV'D

➤ Structure - some rules to consider

- **No digital media allowed in bedrooms.**
 - **Time limits with phones (off by 8 pm)**
 - **Time limits on apps**
 - **Parents have full access to any device and social media - potentially changes with age and shown trust/maturity.**
 - **Earning privileges through built trust and serving another member of the family (crosses over into the second journey)**
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JOURNEY OF SELF-GOV'D

➤ Structure

- **1 Peter 5:2-3**

“Shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; not domineering over those in your charge, but being examples to the flock.”

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NURTURE AND STRUCTURE FOR THE SECOND JOURNEY

JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Nurture

- **Modeling through a culture of encouragement in the home.**
 - **Speak honor into one another. (I see this in you...)**
 - **Appropriately invite them into your world.**
 - **Create environments of connection**
 - **Family prayer or bible study**
 - **Night time questions as a family/individually (parent and child both share)**
 - **“What was one thing that made you smile today?”**
 - **Co-regulation**
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JOURNEY OF OTHERS/CHRIST-CENTERED

➤ **Co-Regulation (Co-Regulation vs Self-Regulation)**

- **Leading by example on how you regulate (manage) your emotions.**
 - **Are you naming how you feel?**
 - **Are you taking a time-out?**
 - **Are you using a soft start-up?**
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JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Nurture

- **Colossians 3:21**

“Fathers, do not provoke your children lest they become discouraged.”

- **Ephesians 6:4**

“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.”

JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Structure

- **Implement correction and supervision when harm was done to another.**
 - **Rupture and Repair**
 - **Discipline versus Punishment**
 - **Discipline is enforced to grow the individual. Punishment is enforced to control the individual.**
 - **Coach versus Parole Officer**
 - **Sanctification**
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JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Structure

- **Hebrews 12:5-11**

“And have you forgotten the exhortation that addresses you as sons? ‘My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. For the Lord disciplines the one he loves, and chastises every son whom he receives.’”

JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Structure

- **Proverbs 13:24**

“Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.”

JOURNEY OF OTHERS/CHRIST-CENTERED

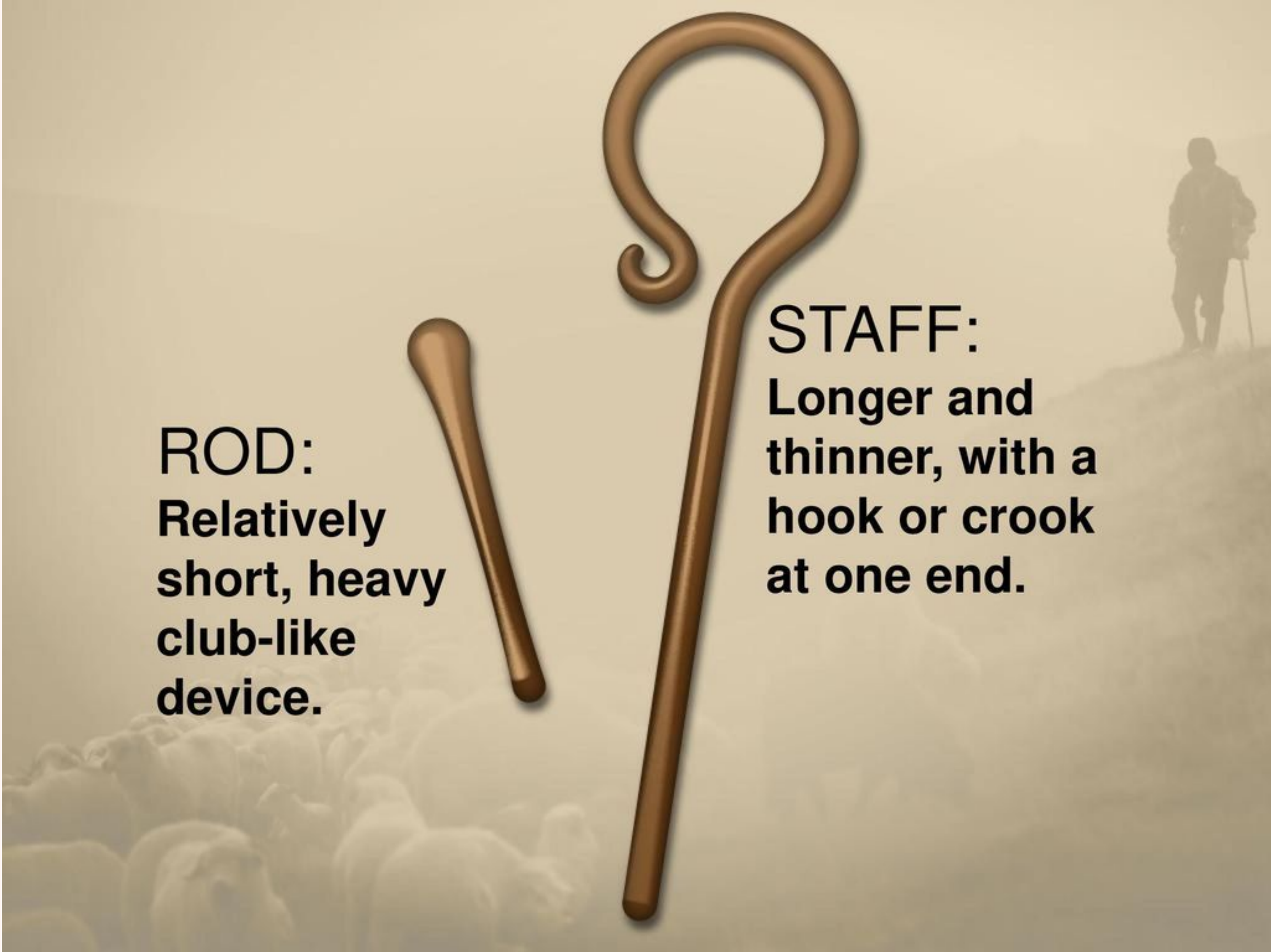
➤ Structure

- **Proverbs 13:24**

“Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.”

- **Mark Twain**

“Spare the rod, spile (spoil) the child, as the Good Book says.”



ROD:
Relatively
short, heavy
club-like
device.

STAFF:
Longer and
thinner, with a
hook or crook
at one end.

Psalm 23:4

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

JOURNEY OF OTHERS/CHRIST-CENTERED

➤ Structure

- **Implement correction and supervision when harm was done to another**

“I want you to write an apology letter to your brother/your friend after we talk through how what you said could have hurt him.”

“To help repair what happened we are going to do one of your sisters chores for her.”

BIGGEST DIGITAL CHALLENGES FOR KIDS

- **Screen Time**
 - **Content**
 - **Interactions/Distractions**
 - **Safety**
 - **Bullying**
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FOR FURTHER CONSIDERATION

- **Jonathan Haidt**
 - **“Anxious Generation”**
 - **Phone Free Schools - <https://www.anxiousgeneration.com/parent-teacher-talk>**
 - **Jean Twenge**
 - **“iGen - Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us”**
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FOR FURTHER CONSIDERATION

- **Cal Newport**
 - **“Digital Minimalism”**
- **Andy Crouch**
 - **“The Tech-Wise Family”**
- **Fellowship Family Resources Page - <https://mailchi.mp/0debc8c4a912/family-resources>**

DISCUSSION

- **Which pitfall resonates most with you and your parenting at this time?**
 - **How could the balance of nurture and structure impact your child?**
 - **Which journey do you see your child making?**
 - **What are some practical steps that you can take to help your child with this journey?**
 - **How can you build an environment and culture that is wise about technology in your home?**
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