

THE WORLD NEEDS MORE

**Bold**  
WOMEN.

Do you know a young woman ready to find her path? Encourage her to explore and visit Mount Mary University:

**Snapshot Saturday**

February 9 | 10 a.m.–12:30 p.m.

Explore campus with a student-led tour and get all of your admissions and financial aid questions answered.

**True North:  
Compass Year at Mount Mary**

February 19 | 6–8 p.m.

**NEW!** Undecided students can enroll in our Compass Year and still graduate on time. Join us to learn more.

**Nursing 1-2-1 Information Session**

March 5 | 5:30–7 p.m.

Learn more about our new and innovative Nursing 1-2-1 degree offered in collaboration with Milwaukee Area Technical College and Waukesha County Technical College.

Register for these events or schedule a tour at: [mtmary.edu/visit](http://mtmary.edu/visit)

ACADEMIC SCHOLARSHIPS  
UP TO \$18,000 PER YEAR!



Mount Mary  
UNIVERSITY

Sponsored by the School Sisters of Notre Dame

## Regulating Screen Time is a Balancing Act for Families

COLLEEN JURKIEWICZ  
CATHOLIC HERALD STAFF

It's the balancing act that confounds most families today. How much screen time — i.e., access to the smartphones, tablets, televisions, computers and all other digital devices through which we live our modern lives — is too much? How can we check the encroachment of screens into every corner of our existences and relationships, in a world where screens are literally everywhere we look — in our cars, in our pockets, on our desks, by our bedsides and even in our churches?

Dave Baudry, associate director of child and youth ministry at St. John Vianney Parish in Brookfield, and Ben Rogalla, a field agent for the Knights of Columbus whose background is in youth ministry, tackled the topic of how to responsibly incorporate screen time into the fabric of family and church life in a morning session of “Gigs, Geeks & God” at Our Lady of Lourdes Parish on Jan. 10.

The annual conference is designed to help youth ministers, catechetical leaders and other church staff members engage technology more effectively in their ministries and to address ethical and formational issues related to technology.

The presentation by Baudry and Rogalla was aimed at empowering catechists and church personnel with tools to evaluate and assess the screen time in both their personal and work lives. At the beginning of the session, audience members introduced themselves to the group, and most acknowledged experiencing a struggle, either as parents or grandparents, with moderating the amount of technology use in their homes.

Cathy Marjamaa, the director of children's ministry at St. Jerome in Oconomowoc, echoed the sentiments of the group when she shared that it's difficult as a working mom to regulate her 6-year-old son's screen time as much as she would like.

“It's a real struggle,” she said. “I feel a lot of guilt about the screen time he has.”

“Balance is a hard thing,” acknowledged Baudry, himself a father of two. “We didn't worry about this 10 to 20 years ago.”

Several attendees also shared that they feel there is an increasing lack of social skills in the youth to which they minister — a trend they feel is connected to overuse of technology and decreasing interaction that is genuine, face-to-face and vulnerable.

Baudry related an anecdote from a recent Divine Savior Holy Angels volleyball game he attended, where he observed that the players on the team were socializing, playing cards and doing homework.

“Normally, you don't see that,” he said. When he commented on this to another parent, he learned that players' phones were collected in the locker room and their use was banned during game day.

The presentation touched on the fact that the issue is compounded by the wealth of very real benefits that come with having such easy and unfettered access to world-class technology — from an educational standpoint (Siri knows the answer to everything), a communication standpoint (work colleagues and friends are at our

fingertips), and even a safeguarding standpoint (families who use location apps like Life360 can keep tabs on each other at all times).

But the development of the industry has been at lightning speed, making it hard for families to keep up. One video Baudry and Rogalla shared expressed the sentiment that it isn't "a fair fight" between tech companies and their ever-expanding product lines, and parents who are trying to maintain controls on their family's technology use.

"Fifteen years ago, I had one computer and got my first laptop for \$1,800 — I had to travel to California and I was so excited that I could send lesson plans back home by email," said Baudry.

"I did my master's on technology in ministry 15 years ago, and so many things

have already changed," said Rogalla.

The group participated in a "technology inquiry" that included questions about attendees' estimated screen time use and the number of apps on their phones. Most guessed that they spent about six to 10 hours daily, between work and personal time, using technology. Most had iPads, Chromebooks or Smart TV devices in their homes, and had several dozen apps downloaded onto their smartphones.

"It's not just teens anymore — it's us as adults," said Rogalla. "And we're modeling this for our kids."

The presentation concluded with tips for monitoring and decreasing family screen time.

"This was an inspiration for me to change course and take back control," said Marjamaa.

### Tips on balancing family and screen time from Baudry and Rogalla

- DO NOT allow TV watching during meals or homework.
- DO NOT let your child eat while watching TV or using the computer.
- DO NOT leave the TV on for background noise. Turn on the radio instead, or have no background noise.
- Decide which programs to watch ahead of time. Turn off the TV when those programs are over.
- Suggest other activities, such as family board games, puzzles or going for a walk.
- Keep a record of how much time is spent in front of a screen. Try to spend the same amount of time being active.
- Be a good role model as a parent. Decrease your own screen time to two hours a day.
- If it is hard not having the TV on, try using a sleep function so it turns off automatically.
- Challenge your family to go one week without watching TV or doing other screen-time activities.
- Find things to do with your time that get you moving and burning energy.



**TWO GUYS AND A GOSPEL**  
NEW PODCAST EPISODE EVERY WEDNESDAY  
(on Soundcloud and iTunes)  
archmil.org/TwoGuys

10 minutes of conversational brainstorming on this Sunday's Gospel with Fr. Phillip Bogacki and Fr. Ricardo Martin.

## Dream it Today... Live it Tomorrow.

Dr. Kathleen Cepelka '65, **Superintendent**  
Archdiocese of Milwaukee  
Havah Fleisner '26, **Future Teacher**



*Now is the time...*  
**EXPLORE**  
THE ST. LAWRENCE DIFFERENCE

### Schedule Your WEEKEND VISIT!

- ▶ March 7-10
- ▶ April 11-14

### DAY OF DISCOVERY: ▶ May 5

