



SOUTHINGTON
Public Schools



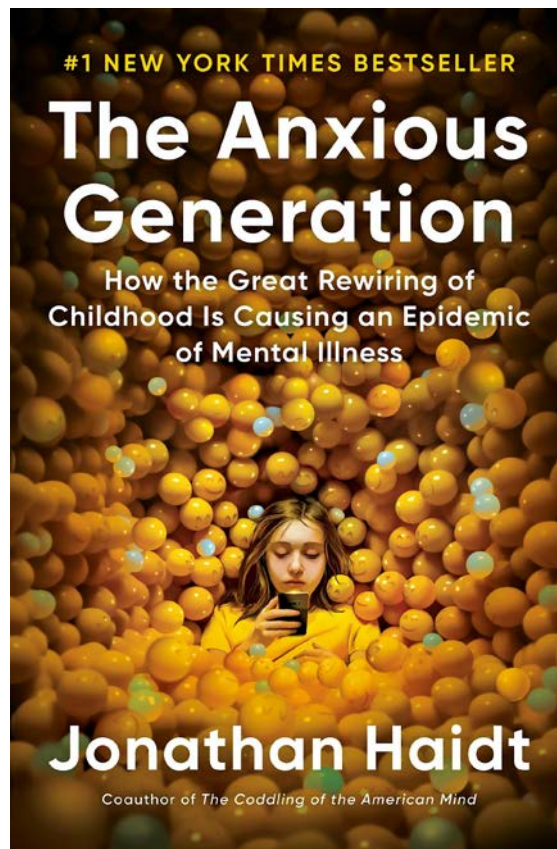
ECCS

Early Childhood Collaborative
of Southington

Presents: One Book Series

Special thanks to the Bradley
Henry Barnes & Leila Upson
Barnes Memorial Trust at the
Main Street Community
Foundation.





Released March 26, 2024

Key Themes

- The importance of independent play and real-world socialization
- Shifts in parenting styles (overprotection, fear, and structured lives)
- Early warning signs of the mental health crisis



Who's in the room?



For how many of you was
there a screen present,
including a TV screen?



How many of you were
outside with other kids
frequently?



ECCS
Early Childhood Collaborative
of Southington

How many of you
experienced some
element of risk?



- **Generation Z:** Born between 1997 and 2012
- **Millennials:** Born between 1981 and 1996
- **Generation X:** Born between 1965 and 1980
- **Baby Boomers:** Born between 1946 and 1964
- **The Silent Generation:** Born between 1928 and 1945



Book: Paranoid Parenting, Why Ignoring The Experts May Be Best For Your Child

Frank Furedi

At what age were you let out?

--Allowed to walk ALONE, 6 blocks, to a store or friend's house?

--Allowed to roam around with friends, no adult supervision?

6 = 1st grade

8 = 3rd grade

10 = 5th grade

12 = 7th grade

14 = 9th grade

16 = 11th grade



Something changed in the 1990s

- Smaller families (fewer kids)
- Working moms (fewer “eyes on the street”)
- Sex abuse scandals
- Media stokes fears about very rare abductions
- **Adults stop trusting other adults with their kids**
- More intensive “parenting”
- Rise of “safetyism”



ECCS
Early Childhood Collaborative
of Southington

“Then and Now” Play Reflection

At your tables:

- What rules, freedoms, or expectations have changed?
- Share personal anecdotes and compare with today’s children.



Vertical Wipe Boards

The scribe cannot speak.
Everyone should scribe at least once.
Only use black markers.



Vertical Wipe Boards

1's Charts: How has children's play changed over the past few decades?

2's Charts: What fears or societal changes have led to a decline in independent play?

3's Charts: What are the unintended consequences of overprotective parenting?

4's Charts: How do early childhood experiences shape mental resilience?



Gallery Walk

In no specific order,
travel to as many other
Post Its and use a red marker to check
the items you agree with.



Acknowledgment

Today's activities and accompanying graphics were taken from the following video:



Next Session, March 12th

Screens, Social Media, and Student Mental Health

Key Themes

- The shift from real-world to online interactions
- The impact of social media on self-esteem and mental health
- The role of schools and communities in regulating screen time

Discussion Questions

1. How does social media contribute to anxiety and depression in youth?
2. What are the psychological effects of replacing in-person friendships with digital ones?
3. Should schools take a stronger stance on cell phone use? Why or why not?
4. What barriers do parents and educators face in limiting screen time?

