

What Do Parents Think About Their Children's Use of AI, Video Games, and Other Digital Media?

Screens are everywhere, and if you are raising a child in 2025, there is no avoiding them. Psychologists and pediatricians report that questions about screen time are among the most common concerns raised by parents. So, how are parents navigating this digital landscape with their children? Video games, AI, social media, YouTube, TikTok, and even school-based content are all found on screens. Digital technologies are not only here to stay, but are going to be an even more prominent feature of children's lives. We are attempting to learn more about how these [screen-based technologies](#) are impacting your children.

Our teams at LearningWorks for Kids, Digitally Nutritious, and South County Child and Family Consultants are focused on understanding the role of digital media in children's lives and helping parents and providers recognize the complex opportunities and challenges of the digital age. We want to help adults guide their kids in the process of developing and maintaining healthy screen habits. But what does that guidance actually look like in your home? To learn how our readers manage the array of screen-based media their children consume, we have initiated a study and would like to ask you to participate. Your experiences are the vital pieces of a puzzle that, when assembled, can offer insights for all of us.

Through this survey, we aim to uncover key insights, including:

- How much time do your children truly spend on different

devices and activities? We'll explore daily habits across smartphones, tablets, gaming consoles, and activities like video games, social media, AI tools, and online learning.

- What are the positive and negative impacts you observe? From improved academic skills and stronger social connections to concerns about sleep disruption, mental health, and exposure to inappropriate content, your perspectives are critical.
- What parenting strategies are you employing, and how effective are they? We'll ask about setting time limits, content restrictions, creating device-free zones, fostering open communication, and modeling healthy habits.
- How does technology interact with neurodiversity? For children with learning differences or concerns like ADHD, Dyslexia, Autism Spectrum Disorder, anxiety, and depression, understanding their specific digital experiences is vital.
- What skills are nurtured through screen time? We're interested in whether you see your child applying skills like planning, organization, emotional regulation, and social awareness both within and outside of their digital interactions.
- What are your biggest concerns for the future? We want to hear about your concerns regarding the long-term impact of technology on education, careers, relationships, and mental health.

Your participation in this short (less than 10 minutes), anonymous, and confidential survey will directly contribute to a more informed understanding of digital parenting. Click on this [link](#) to provide your input. By sharing your observations and experiences, you'll help us all:

- Identify widespread trends and challenges facing families today.

- Uncover and share effective strategies that truly make a difference.
- Inform the creation of valuable resources that support parents in navigating this ever-evolving landscape.

As a token of our appreciation for your participation, parents who complete the questionnaire will be eligible for our raffle to win one of 20 \$20 Amazon gift cards, distributed after the study. Additionally, participants who request them will receive a summary of the study's results and recommendations, which are based on the insights provided by parent participants.

Please take a few moments to complete our survey: [Children's Use of Screen-Based Technologies](#). Your insights are invaluable in helping us build a more supportive and knowledgeable community for digital parenting. Thank you for participating in this vital conversation.