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Category: presentation. Probably fits best into “relationships matter” theme

One Size fits Nobody: Screen time rules and parental concerns.

While digital tools are perceived as enhancing and future-oriented in educational spaces, discourses in the home circles around screen time, rules, and limits. Advice does not always acknowledge the heterogeny of parents’ attitudes towards digital devices. The study aimed to explore parents’ attitudes and strategies of navigating their children’s engagement with screens. Data are based on semi-structured interviews (n = 12) with caregivers of children (age range 7-12). About half of the children attended state schools (n = 7), the other half attended Steiner schools (n = 5). Analysis showed that the level of access and rules around screen time varied significantly across families. Concerns include inappropriate content and contact, and displacement. Parents’ strategies to navigate their children’s engagement with devices range from restriction, protection, to dialogue, highlighting the parent-child relationship as a core element in the decision-making process. The balancing of concern is a matching process which can be captured through the lens of cognitive dissonance (Festinger, 1957). This can also account for the heterogeneous nature of attitudes and strategies.

Festinger, L. (1957). *A theory of cognitive dissonance.* Stanford University Press.

Keywords: Screen Time; Parents’ Attitudes; Cognitive Dissonance