

Raising Saints

Helping Families Navigate Tech &
the Stages of Child Development



SMART
FAMILIES

Our Mission

Smart Families is dedicated to empowering families to create communities that engage with technology in a healthy, intentional way that is respectful of our innate human dignity.



*"I think the best thing we
can do is to think about
what it was like for us and
know what our children are
going through."*

- Mr. Rogers



Parenting is a Ministry

- Building the Domestic Church
 - Forming Disciples
- Schedules, Activities, ETC
 - Secondary
- Build the Kingdom = Primary
 - Strengthen Marriage and Family Life



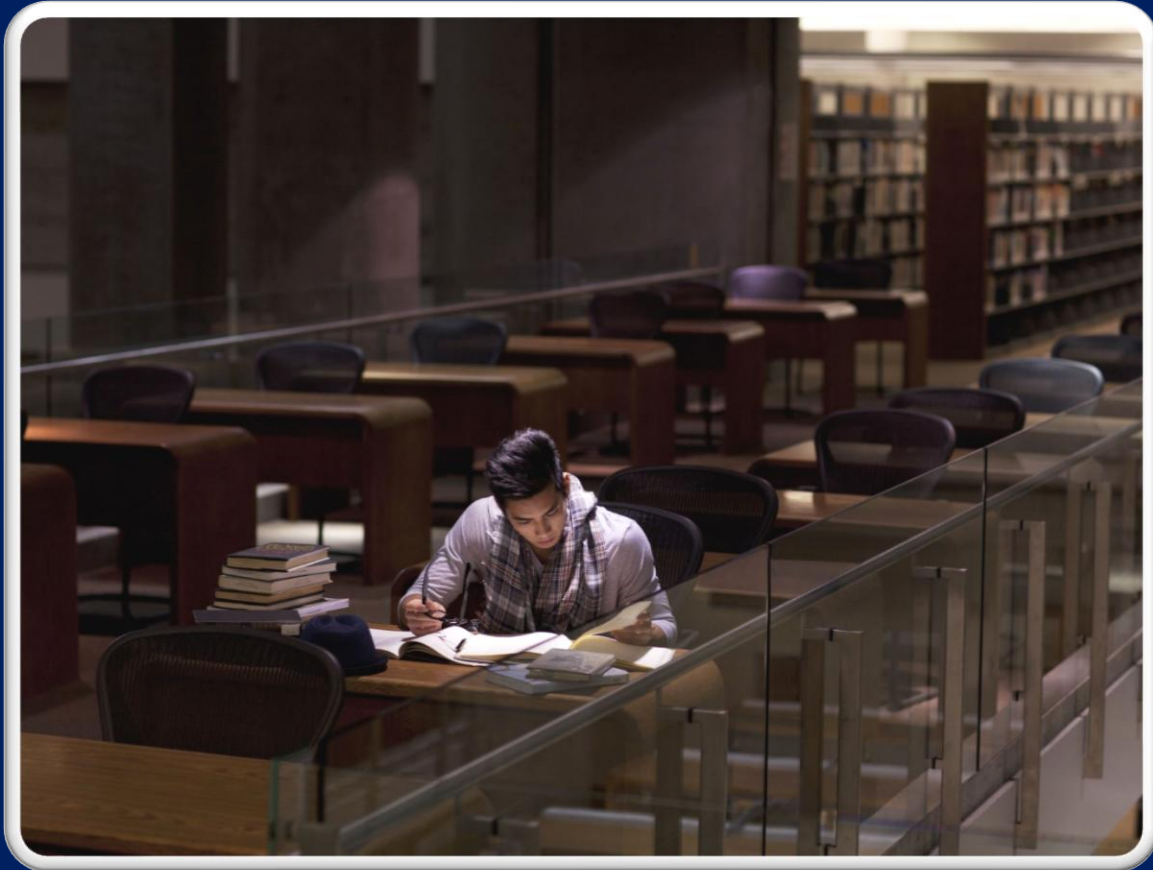
A person with long dark hair, seen from behind, sits in a field of tall, golden-brown grass at night. They are holding a glowing lantern in their right hand. The sky is dark blue and filled with stars. A bright comet with a long tail is visible in the upper right portion of the sky. A semi-transparent dark blue horizontal band across the middle of the image contains the text.

“Our hearts are restless until they rest in Thee.”
—St. Augustine

Seeking Approval

- We All Need Approval
 - Desire to love and to be loved
 - We desire greatness
- Fallen World:
 - We won't love or be loved in the ways God intends
 - Seek approval in the wrong way
 - Hide Behind Distractions



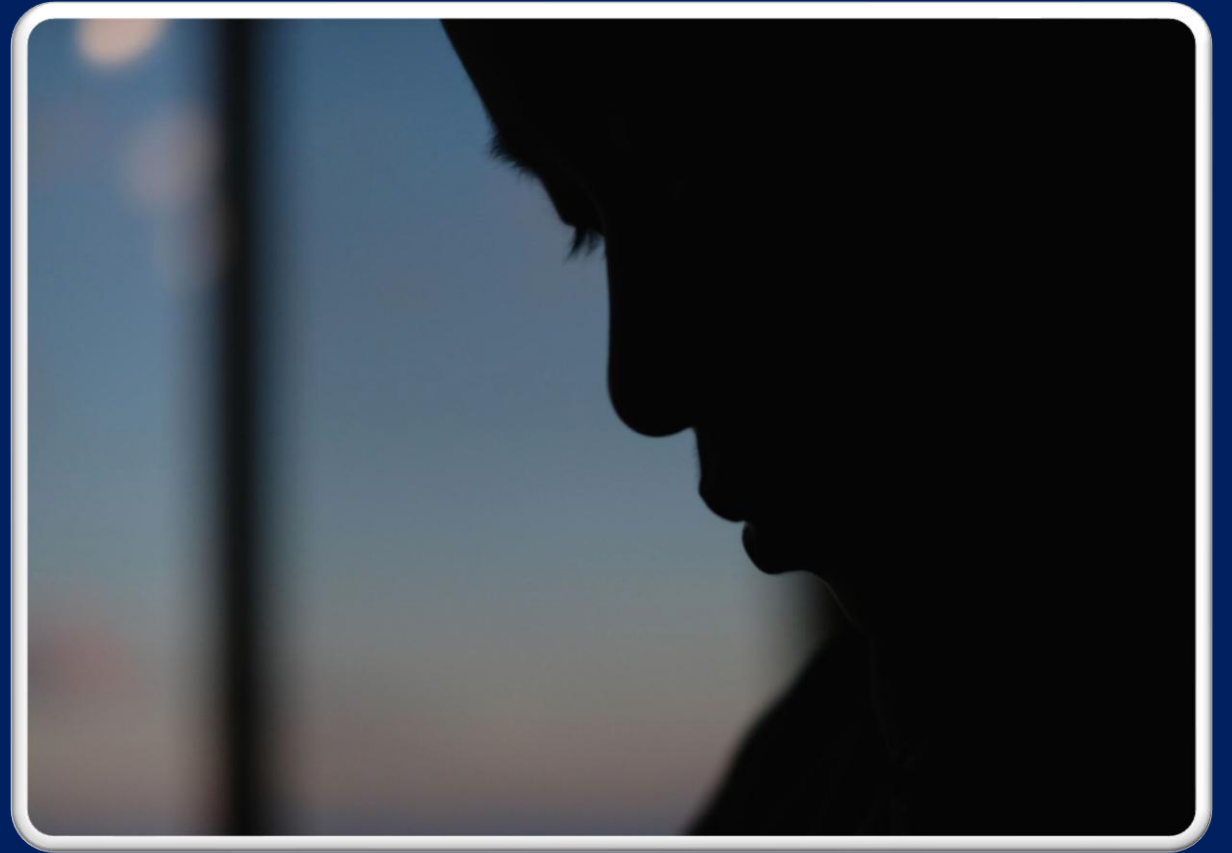


Under Pressure

- Sources of Pressure
 - Peers & Parents
 - School
 - Extracurriculars
 - Social Media
 - Self

Not Approved

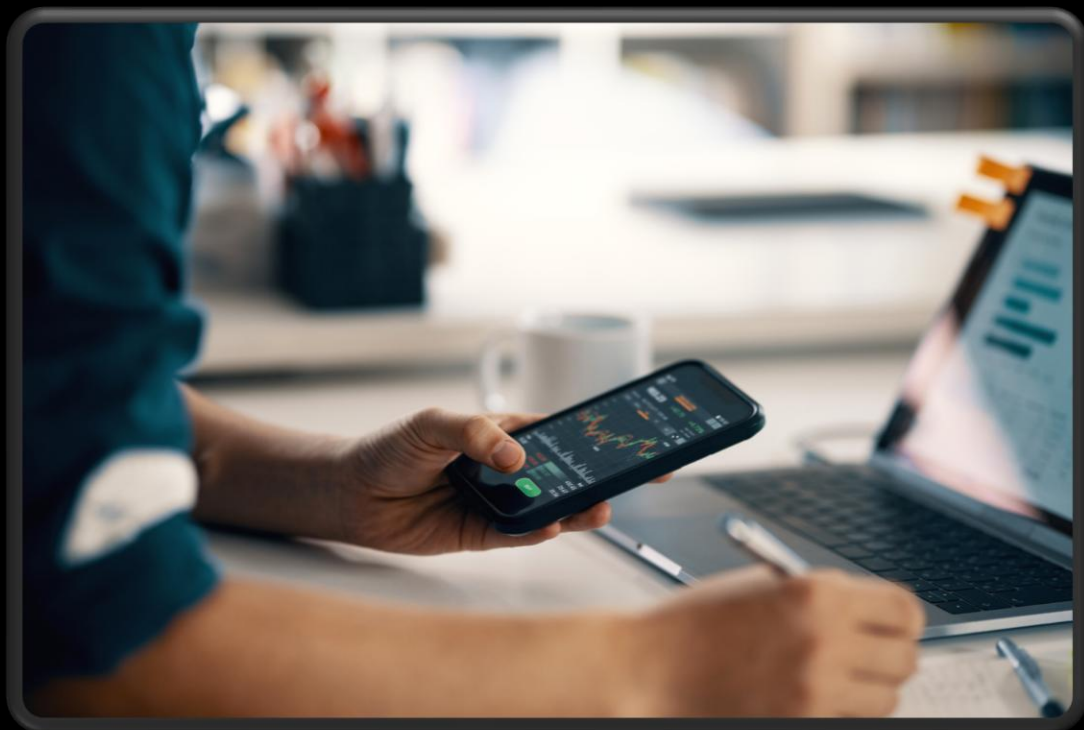
- Hurt and Angry
- Sad and Depressed
- Anxious
- Feel like Screaming
- Not Good Enough





Perfectionism

- Stop Trying Before Starting
- Impacts on Goals
- Our Value Based on Performance
- Undermines Our Dignity
- “Tommy’s” Story



Be Not Afraid

- Primary Educators
 - Modeling Behavior
- Discipling Our Children
 - Wounded Witnesses
- Not Alone
 - God's Grace
 - Community





Infancy & Attachment

Brain Development

- 1st Period of Intense Growth
- Laying Down the Foundation
- Importance of Mirror Neurons

Forming Secure Attachment

- Bonding & Oxytocin
- Co-regulation
- Many Benefits



Effects of Screens

Brain Development

- Tech Overreach
- Developmental Delays
- Speech Delays

Effects on Attachment

- Competing Attachments
- Dysregulation
- Still Face



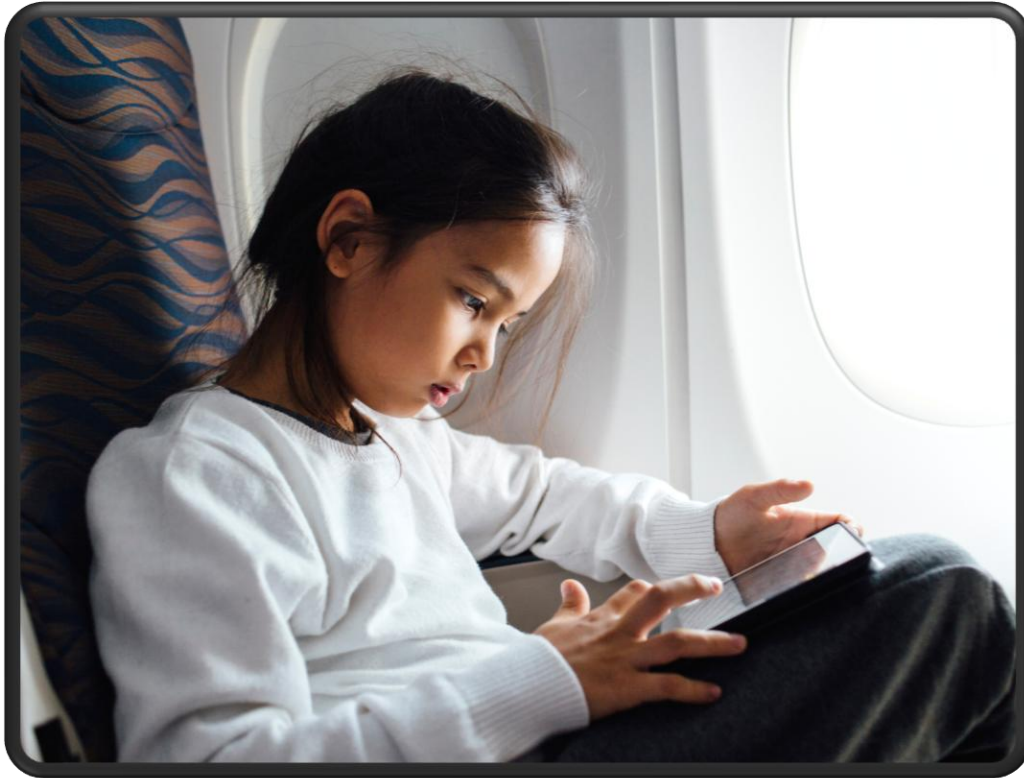
Childhood & Play

Brain Development

- Building Upon the Foundation
- Learning New Skills
- Discovering the World

Play Based Childhood

- Importance of Imagination
- Benefits of Nature
- Forming Life-long memories



Effects of Screens

Brain Development

- Developmental Delays
- Impact on Learning
- Impact on Vestibular System

Effects on Attachment

- Impacts on Sleep
- Impacts on the Imagination
- Not Forming Own Memories



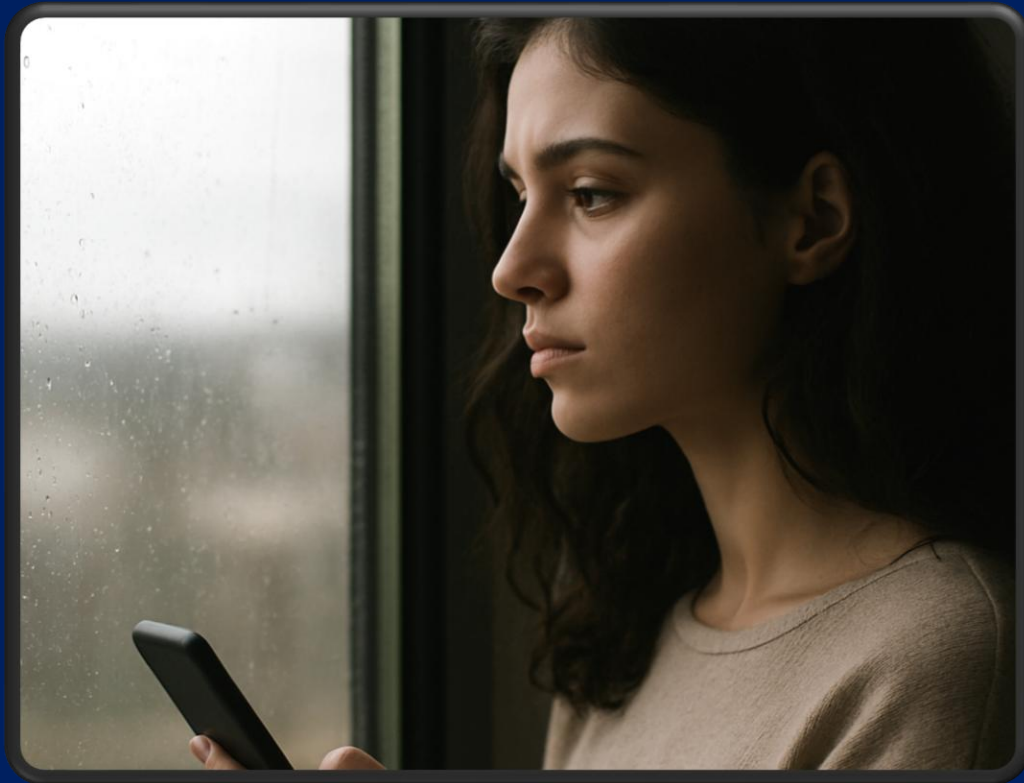
Adolescence & Purpose

Brain Development

- 2nd Period of Intense Growth
- Synaptic Pruning
- Values & Healthy Risks

Discovering their Purpose

- Peers & Larger Community
- Specialization & Vocation
- Searching for Deeper Meaning



Effects of Screens

Brain Development

- Use it or Lose it
- Risky Behaviors & Tech
- Arrested Development

Effects on Mental Health

- Impacts of Cyberbullying
- Influence from Social Media
- Challenges to Values



Social Media

- Likes + Follows = Worth
- Algorithms want attention not truth
- Attention not Virtue
- No Critical Thought
- Swayed by the Feed



OpenAI



Sora



Tips for Spotting A.I.

- Check the Source
- Pixel Grids
- Discolorations
- Watermarks (or removal)
- Blurry backgrounds
- Body Cams or Ring Doorbells
- Excessive talking
- Inconsistencies



Gemini 3



Under Pressure

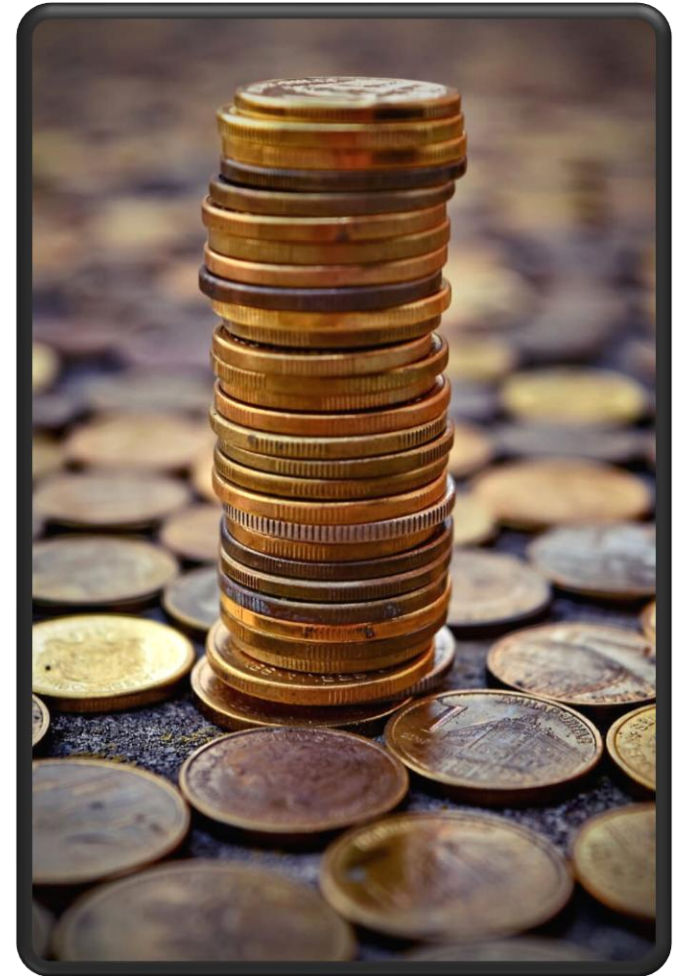
- Sources of Pressure
 - Family + Friends
 - Children + Tech
 - Job + Household
 - Duties + Finances
 - Self

“Am I doing a good job?”

You are Enough

“Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?

-Matthew 6:25-26





Advice for Families

- Screen Hygiene
- Quality Vs. Quantity
- The Importance of Delaying & Scaling Back
- Values and Risky Behaviors
- **Build the Domestic Church**

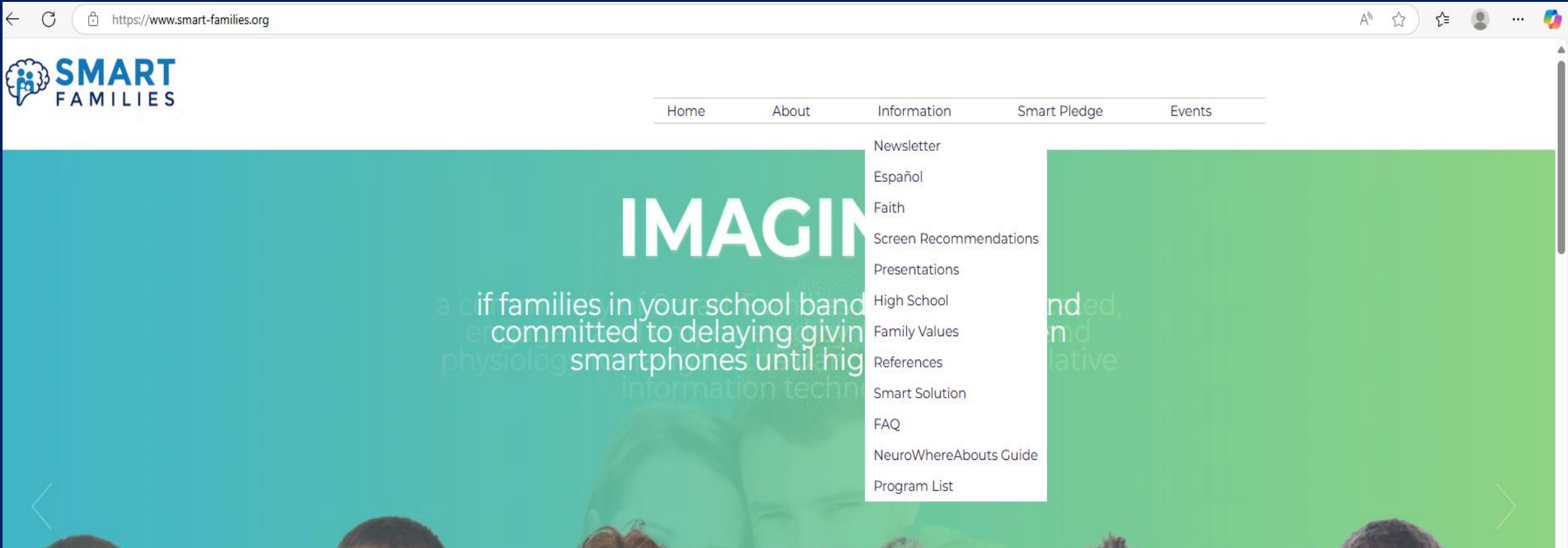
Reflecting God's Love in Your Home

Connection, Affection, Service

Future of Faithful Families Project

- Prioritize Family Time
- Create Meaningful Family Rituals
- Practice Generous Affection
- Discipleship Discipline
- Serving Each Other and Others





Smart Families Newsletter & Resources



For More Information or Questions please email

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Family Discussion

1. Share what stood out to you the most in the talk and why.
2. What are some of the memories you have growing up (with friends, family, etc) that you would like to hand on to your kids & grandkids?
3. What ways has technology impacted our family life, both positively and negatively?
4. How can we improve how our faith is communicated in our day-to-day family life?
5. Which of the following can our family improve on:
 1. Prioritize Family Time
 2. Create Meaningful Family Rituals
 3. Practice Generous Affection
 4. Discipleship Discipline
 5. Serving Each Other and Others