

## From the Manager's Desk

Dear Valued Customer,

With the end of school fast approaching, that means more unstructured free time. Cutting-off screen time activities after, maybe, an hour or two each day is a longstanding battle for parents. Here are some helpful tips when it comes to limiting your child's screen time.

### Quality Over Anything Else

Kids' screen time is at all-time highs. Easy access to tablets, laptops and other devices has seen to that. Throw in the convenience of high-speed internet and there's a wide world of digital entertainment at their fingertips. Experts recommend a shift in thinking. Don't focus on how long the screen time is, but instead how good the screen time is. There are many sources of quality content, so your child's not binge-watching mindless YouTube videos - though there's time for this too.

### Set Child-Specific Expectations

It's important to set a clear-cut and mutually agreed upon plan for how long your child can be on screen. Most kids like structure, and with schools being dismissed for summer you become their only structure. Having consistently followed expectations will set a baseline and prove especially valuable if you're not able to check in all the time. Part of having a reasonable set of screen time rules should include encouraging your child to self-regulate. Make your plan empower them to turn off the screen and switch to an offline activity all by themselves.

### Keep a Balanced Mix of Non-Tech Activities

Success in carrying out a regulated but increased screen time mindset must include having alternative activities as fall back options. Plan things like ready-to-go craft stations, puzzle tables, cooking classes before meals, dancing sessions during break times, and pre-scripted scavenger hunts around your house work well to mix it up.

### Model Your Own Screen Behavior

Never forget that your behavior plays a major role here. If your child sees you spending all your free time looking at your tablet or laptop, they will follow suit. For additional impact, make sure your child sees the effort you're making to put down your devices. Keep a basket in a visible location near your main family gathering space where devices are kept. When devices go in the basket, it's a clear sign that screens are switched off and your children are the main focus.

Best Regards,

**Tim Hausman**

General Manager, Palmerton Telephone Company

## Phone Feature of the Month:

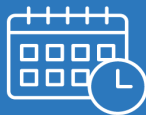
Selective Call Acceptance

Screens incoming calls against a list of directory numbers (DNs) specified by you and then accepts only calls from those numbers. Calls from others are denied access to your line and hear a recording, indicating that you do not wish to receive calls at this time. To use this service dial \*68 (Tone) or 1168 (Rotary). To discontinue use dial \*88 (Tone) or 1188 (Rotary). \$5.00 per month.



## Community Calendar

If you'd like to see what's happening to benefit the non-profit groups in our area, visit our Community Events Calendar at [www.ptelco.com](http://www.ptelco.com). Just select 'Menu', then 'Community Calendar'.



# Product of the Month

## Live Answer

Live Answer is Palmerston Telephone's business answering service. No recorded message or voicemails. Our LOCAL, friendly operators are available 24/7 and 365 days a year to answer your calls whenever you need them to.

### LIVE ANSWER - \$40 per month

- Great for small businesses and organizations who get few calls in a month.
- Answer times are flexible and customized to suit your business needs.
- Our local operators will answer calls with your business/organization name and take messages.
- Simply call in to retrieve messages at your convenience.

### LIVE ANSWER PRO - \$100 per month

Includes all the features of Live Answer

- Great for larger businesses and organizations who get a large amount of calls in a month.
- Your business determines which calls are required to be forwarded.
- Forward pre-determined calls to a specified contact via phone, email, or email to text.

Call us at (610) 826-6650 before June 30, 2022 and receive **FREE ACTIVATION!**

\*Call forwarding service required to subscribe to LIVE ANSWER. Other restrictions may apply.



## Brain Teaser

**Palmerston Telephone is giving away a \$25 Gift Card to Claude's Creamery in Palmerston, PA.**

To enter, e-mail the correct answer to [jbrixius@brctv.com](mailto:jbrixius@brctv.com) or send a 3" x5" index card titled "June Brain Teaser" to **613 Third Street, Palmerston, PA 18071**. Please include your name, address, daytime telephone number (to call only if you win), and the Brain Teaser answer. All entries must be received by **06/20/22. Good Luck!**

## Brain Teaser | April 2022 Winner

Congratulations to **Shirley Frable**, of Saylorsburg, PA. **Shirley** was the winner of a \$25 Gift Card to Claude's Creamery in Palmerston, PA.

**Question:** How many months have 28 days?

**Answer:** All 12 of them.

**No matter how little or how much you use me,  
you change me every month. What am I?**

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