

Tips for Parenting Your Child in a 24/7 Digital World

- Start talking to your child about digital technology and devices early and have this conversation often
- Listen without judgement; be curious, not furious
- Watch, play, and listen together with your kids and talk about online content together
- Explore reporting and safety features together so that your child is equipped to use them
- Help them identify feelings that come up when using social media or gaming
- Let your child teach you about technology; lean in to their world
- Not all screen time is the same; talk to your kids about how they are using technology for school, work, entertainment, and connecting with friends
- Together, create a media agreement that fits the needs of your family; it can be a formal contract or a simple conversation
- Model the digital behavior you want to see; behavior is caught, not taught
- Help kids develop strategies to deal with conflict, such as being bullied, standing up for someone, and reporting inappropriate behavior
- Emphasize the importance of going to a trusted adult (parent, teacher, coach) to share concerns or get support
- You know your child best; if their use of technology is concerning you, seek professional help
- Create dedicated family time and digital-free zones that apply to everyone
- Put all digital devices to bed at least 30 minutes before bedtime and consider charging all devices outside the bedrooms
- Find out what your child loves to do online and help them their interests in the real world
- Provide supervision, not "snoopervision"
- Don't ban the tool; address the behavior that concerns you

