#10 Family Talks
Find the time for meaningful conversations about tech use to set expectations and provide guidance

#9 Family Media & Tech Use Agreement
Be explicit with the "rules" you want everyone in your home to follow

#8 "Map" the House for Tech
Where and when should tech be used? Recommended use in common areas and not in bedrooms

#7 Technology "Training"
Think of ways to help your child take small steps to learn how to use tech and be a partner in this process

#6 Be a Family of Digital Citizens
Digital citizens have a productive, responsible, healthy, and creative relationship with technology

#5 Use Parental Controls
There is no 100% solution, but using tools to help manage devices can be a good option

#4 Learn About Your Kid’s Tech
Take the time to understand what your child does with technology and why it is important to them

#3 Learn About Parenting with Tech
Explore resources than can support you! There are lots of books, articles, and website that provide helpful ideas

#2 Have Tech-Free Family Time
Build time into the daily family schedule so that the whole family can take a tech break

#1 Model Good Tech Use
Parents are their child's greatest teachers, model the behaviors you expect of your child

Bonus! Be Gentle with Yourself & Your Kids!
Parenting with technology is hard! Address family tech issues with patience and love, as each family member grows to learn about good tech behaviors