



Parent Connect

Considerations and Tips for Parenting in the Digital Era

Promote Connection & Mental Wellness

1. Prioritize face to face interactions for you and your child.
2. Co-create a list of things that your child can do that don't involve a screen.
3. Create built in non-screen family time (e.g., meals, game night, short car rides, etc.)
4. Create built in non-screen alone time. This is important for people of all ages.
5. Create screen-free zones in your home.
6. Prioritize our basic needs (e.g., sleep, nutrition, exercise, etc.).
7. Encourage wellness activities (e.g., mindfulness, meditation).
8. Use technology to promote health and wellness (e.g., Calm, Headspace, etc.).
9. Ensure that your child will not have to compete with a screen for your attention.
10. Strive for BALANCE.

Manage “The Hook”

11. Turn off notifications.
12. Say “no” when Apps or websites request permission to send push notifications.
13. Consider using “Airplane Mode” when you don't need to be immediately available.
14. Turn off screens at least an hour before bedtime.
15. Consider making your screen black and white (Monochromatic).
16. Consider doing a “Digital Detox.”
17. Consider using an App or device that helps reduce distractions.
18. Consider making your child's bedroom a screen free zone.
19. Use an alarm clock (i.e., phone does not need to be the alarm clock).

Manage the Complexity of Integrating Technology into our Lives

1. When you reach for your device, ask yourself, is this necessary?
2. Support your child through digital mentoring.
3. Create consistent messaging about technology between the adults in your child's life.
4. Engage in purposeful, planned conversations about predictable technology challenges during calm times, not in the heat of the moment.
5. Engage in ongoing conversations with your child about technology (e.g., Tech Talk Tuesdays). If they are not mature enough to tolerate a conversation about it, they are not ready to use it!
6. Encourage privacy and discuss what is healthy to share with friends, and what might be unhealthy and overwhelming to peers.
7. Be aware of any time that you are communicating to your child that they “should” be paying attention to their phone. Is it a good idea to text them when they are upstairs? Or, is it a good idea to text them (and expect a response) when they are in class?