

Parent Info - In our digital world, technology often advances so fast we can't keep up! As your children grow and mature, some parents are allowing their preteens freedom with devices such as cellphones and tablets. These devices can be positive if properly supervised and used correctly. Did you know, according to the Kaiser Family Foundation's 2010 study, children 11-14

spend approximately 8 hours and 40 minutes per day on tech devices. Below are a few tips for parents are listed below to help you with this new avenue of parenting.



There's an app for that! Inspect your child's device. Know what apps are downloaded. Investigate apps your children use regularly. Google is a great source of info for apps you don't know much about.

Did you know smartphones and tablets can be used for video calling, phone calling, and texting even without a service plan. Be aware of your child's WiFi setup.

Is your child waking up tired every day? Investigate the amount of time they are on their devices at night. Studies have shown children are up late into the evening on devices, falling asleep only to be awakened again all throughout the night disrupting normal sleep patterns.

Any avid gamers in the house? Be cautious of online interactions through video games. Children communicate with their peers, and even people they don't know, while playing what seems to be "just a video game".

Filters still have holes! Be cautious of filters and safety nets you have in place to protect your children. Even internet sites set up specifically for children can have content you would not approve of on their sites.



Reality Check - make sure your children know the difference between real life and the virtual world. Online, things are not always what they seem and our children have a difficult time distinguishing between the two.