



Your Parent-Child Relationship is Your Best Tool

Build strong family relationships by intentionally spending tech-free time together each week. Examples include reading together, playing a game together, or taking a walk together.

Hug your kids! Hugging releases the neurotransmitter oxytocin. Oxytocin release brings bonding feelings of trust and closeness.

Choose a time to involve the whole family and enjoy tech together.

Ask your child to share with you what he or she likes and knows about tech.



Find More Information:

www.healthyscreenhabits.org

 Healthy Screen Habits

 healthyscreenhabits

Things You Can Do TODAY to Develop Healthy Screen Habits

- EXAMINE** how much time you personally spend on your cell phone in a 24-hour period (Screen Time for Apple and Digital Wellbeing for Android are great tools).
- INVENTORY** all apps, games, and activities on all family and personal devices. Consider removing those that are unnecessary or cause excessive distraction.
- MODEL** responsible tech management by turning off automatic notifications. This results in significantly fewer distractions in your day.
- TEACH** tech protection by password protecting all devices.
- KNOW** all of your child's passwords on his/her devices.
- TURN OFF** Autoplay features in the settings for YouTube, Facebook, Hulu, Netflix, and Amazon Prime.
- MAINTAIN** authority over which apps are on your child's device. For Apple devices, select "Don't Allow" under Installing and Deleting Apps in the device Settings. For Android devices, you will need to download an application called AppLock and lock Google Play Store, Install/Uninstall, and Settings.
- PROTECT** healthy sleep. Dock devices on a family docking station 30 minutes before bedtime. Consider locating the docking station in the master bedroom to discourage sneaking. Parental controls or apps can help with turning devices off at bedtime.
- DOWNLOAD** filtering and monitoring software for your computers and phones such as Zift, OurPact, Disney Circle, or Net Nanny.

5 Important Tech Tips

1. Complete the *Family Technology Plan* (free download at www.healthyscreenhabits.org).
2. Keep dinners screen free.
3. Protect your family's sleep by keeping screens out of bedrooms.
4. Model Healthy Screen Habits in your own phone/media/tech use:
 - How often does the screen come between you and your child?
 - Are you using your tech when you could be spending time with your family?
 - Before using your electronic device, ask yourself, "What is my purpose and how long will it take?" This helps you stay on track and not let tech take over your time. Use Screen Time or other parental controls to set limits on apps for yourself and family members.
5. Have ongoing, frequent, short, calm conversations with your family about tech. Take opportunities to explain why you have the tech rules that you do.

Books

Glow Kids: How Screen Addiction is Hijacking our Kids - And How to Break the Trance by Nicholas Kardaras, PhD

iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us by Jean M. Twenge PhD

The Big Disconnect by Catherine Steiner-Adair, EdD

Be the Parent, Please: Stop Banning Seesaws and Start Banning Snapchat: Strategies for Solving the Real Parenting Problems by Naomi Schaefer Riley

The Boogeyman Exists; And He's In Your Child's Back Pocket: Internet Safety Tips For Keeping Your Children Safe Online, Smartphone Safety, Social Media Safety, and Gaming Safety by Jesse Weinberger

American Girls: Social Media and the Secret Lives of Teenagers by Nancy Jo Sales

Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked by Adam Alter



Websites

protectyoungeyes.com

educateempowerkids.org

betterscreentime.com

getkidsinternetsafe.com

humanetech.com

fightthenewdrug.org

commonsensemedia.org

