Healthy Habits for Technology

Technology is a double-edged sword: it keeps us connected but can also distract from the joys of offline life. Teaching kids to use technology wisely can help them develop balance, creativity, and independence. It's never too early—or too late—to create healthy tech habits as a family.

Set Clear Boundaries

Establish screen-free times (like meals or bedtime) and zones (like bedrooms).

Consistency is key to helping these rules stick.

Prioritize Safety

Discuss privacy and kindness online. Teach them to think before they post and encourage them to talk to a trusted adult about anything concerning.

Model Good Habits

Kids notice everything. Show them how you manage your screen use by prioritizing conversations, outdoor time, and hobbies.

Monitor Content and Time

Keep an eye on what they're watching or playing. Use parental controls where necessary, and limit non-school screen time to weekends if needed.

Encourage Offline Fun

Help your child find joy in non-screen activities like reading, crafting, or building with blocks.

Provide plenty of opportunities for play and exploration.

Reassess as They Grow

Tech needs evolve with age. Involve your kids in revisiting and updating family screen time guidelines, making them part of the decision-making process.

Strength Spot

Spot your child's creativity and problem-solving when they find ways to entertain themselves without a screen. Celebrate their adaptability as they embrace offline time and remind them how valuable balance is for a fulfilling life.

Rule Without Relationship = Rebellion

Connect & have open communication with your child.They will screw up, be a safe person they can come to when they do.

Curiosity

Listen to your child & be open to their input around technology.

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