SCREEN TIME
TIPS FOR PARENTS

Setting Healthy Boundaries

Are you concerned about the amount of time your child spends using technology (phones, tablets, TV)? The following questions will help you think about the amount and the quality of your child's screen time.

- ▶ Does your child get on a device first thing in the morning?
- ▶ Does your child choose to use technology over most other activities?
- ▶ Does your child get angry or upset if they don't have access to technology?
- ▶ Does your child sneak to use devices when they aren't supposed to?
- ▶ Is it hard to get or hold your child's attention when they use technology?
- ▶ Do you have a difficult time getting your child to be active?
- ▶ Does your child emulate negative behaviors from videos and/or video games?
- ▶ Does your child try to use devices late at night?

If you answered yes to several of the above questions, your child is probably too involved with technology.

Keep reading for tips on how you can set some healthy boundaries, minimize the risks, and help your child enjoy the benefits of technology.

The following tips and advice will help you set boundaries that are right for you and your family.

▶ Insist that all communication devices be turned off and put in a basket during dinner and other family times.

▶ Charge all devices in a central location at night.

▶ Consider creating a technology/internet contract that spells out how you expect your child to use their devices. You can find sample contracts online or create your own.

▶ Find out what apps your child is using, check them out online, and ask your child to show you how they're being used.

▶ If your child plays video games, sites such as esrb.org and commonsensemedia.org can help you determine if a game is appropriate.

▶ If at any time you're worried that your child's use of technology is harming them, be sure to talk to your child about your concerns.

▶ Be a good role model. You give up the right to preach and lecture if you don't exhibit the self-control and self-discipline you're expecting of your child.

Rather than try to monitor or control your child's online behavior (which is almost impossible to do), pay attention to your child's technology use and have ongoing conversations about where they go online and their screen time.

For info on YouTube, TikTok, and more, watch this short video. VIDEO