**PARENT SUPPORT: TECHNOLOGY**

**Practical Tips for Parents**

1. Setup screen-free zones in the house.
2. Come up with agreed upon expectations.
3. Use media in ways that positively reinforces what your child is already passionate about.
4. Have a bucket, basket, or specific place that electronic devices can go at a certain time (ex: dinner table).
5. The magic number is still 13 when it comes to general age appropriate technology.
6. Try to empathize with your kids desire for technology, there is an internal need to be met.
7. Break up the amount of time between media engagement. A good rule of thumb would be to take a short break between every hour of digital media consumed.

**5 Questions To Ask When Kids Want A New Form of Media:**

1. Why do you want it? (What does it do? Which of your friends are using it?)
2. What kind of privacy will you have? How much personal information will you be sharing with others and with the media?
3. Will you be using this media as yourself, as an avatar, or as an anonymous user, and why?
4. What kind of interaction or sharing are you hoping to do?
5. What do you think would be considered appropriate or inappropriate use of this media?

**Additional Resources and Websites for More Support**

[Common Sense Media](https://www.commonsensemedia.org)

[Video Game Ratings](https://www.esrb.org)

[Every Parent’s Guide to Navigating Our Digital World](https://www.amazon.com/Every-Parents-Guide-Navigating-Digital/dp/0991488075)

[Plugged In](https://www.pluggedin.com)

[Bark Monitoring](https://www.bark.us/)

[Clean Monitoring](https://apps.apple.com/de/app/clean-browser/id1062488309?l=en)