

# I DON'T KNOW HOW TO NAVIGATE MY CHILD'S USE OF TECHNOLOGY

## Webinar Tip Sheet

REPLAY LINK: [HTTPS://VIMEO.COM/883013225](https://vimeo.com/883013225)

### Engage and listen

Ask questions about the platforms they are on and the discussion they are having online. Listen to your children with empathy and an open mind and reassure your kids that what is represented online (both good and bad) is often not reality.



### Spend time with your children offline

Incorporate some fun non-technology family activities into your family routine. Replace the pleasure of social media with in-person activities such as playing board games together, going out for ice cream, reading an extra book or taking a walk.



### Set guidelines and expectations

Set clear guidelines and expectations for technology usage such as requiring using technology in a common area of the home, the installation of parental control and tracking apps, or designating technology-free hours at home. These guidelines are unique to your family and your values.



### Pay attention to changes in behavior

Pay attention to any changes in your child's behaviors such as withdrawing from activities, spending excessive time online, and inappropriate anger if device time is limited. You know your child, if something feels wrong it likely is. Keep the communication open so your child feels supported.

