

your Guide to Taming Technology without Tears

01.

Set a Time Limit

Decide how much screen time you are comfortable with your child having at any given time. Share the limit with your child and set a timer. When possible, use a visual timer or a time marker that your child can understand. (Many Kindles and iPads have time limit settings you can use for this.)



02.

Be a Content Curator

There are so many TV shows, apps, and games for our children to choose from. Be thoughtful and intentional about what you allow them to have access to. Strike a balance between substance and fluff, and talk to your child about the benefits of both.



03.

Join in on the fun

You won't always want to play the silly game on their tablet, and they won't always want to share it with you. While they are young and excited to show us what they are doing/learning, play along. Ask questions, observe, and be in the moment with your little doing something they enjoy.



04.

Be Gentle AND Firm

When screen time is over be kind. Validate your child's feelings of disappointment AND stick to the limit you set. If they are struggling, remind them that because they are following the expectations of screen time, they'll have more tomorrow.



05.

Model Healthy Screen Habits

Our children tend to learn the most from us when we're just going about our day. They watch what we do and how we speak then mimic our behaviors. If you want your little to be willing to put down their technology, show them you can do the same. Play with them without your phone, spend time together at home with the TV off, give them your undivided attention.

