



## GROWING UP DIGITAL



DIGITAL  
BALANCE



DIGITAL  
LITERACY



DIGITAL  
IDENTITY



DIGITAL  
SAFETY

# PARENTING TIPS

**HAVE YOU EVER WONDERED  
HOW TO SUPPORT YOUR  
CHILD'S DIGITAL BALANCE  
WHILE AT HOME?**

## CONSIDER THESE TIPS:

### HOME FILTERS:

Devices and software are available for purchase at home to place limits on a personal wifi network or mobile device. Popular examples of these are "Circle" and "Bark".

### TECH FREE ZONES:

Setting boundaries on technology at home can be an important step in maintaining a healthy digital balance. It's recommended to have a family charging station away from bedrooms and to designate screen-free times, such as during dinner.

### MODEL EXPECTED BEHAVIOR:

Children learn by observing adult behavior. Consider how you use your devices and other media, and make adjustments if your usage doesn't align with the expectations you have for your kids.

### COMMUNICATE EXPECTATIONS:

Consider having an open dialogue about your family's expectations for media use. Common Sense Media and other organizations offer 'contracts' that families can create together to put these expectations in writing. For support, visit a site like [thesmarttalk.org](https://thesmarttalk.org).

### BUILT IN TOOLS:

Many devices have built-in parental controls that allow for app limits, filters, and scheduled downtimes. Search online for parental controls specific to your child's device to find tips and strategies on how to start using these built-in tools.