SCREEN SANITY

Kids & screens: Where do I even begin?

STARTING POINTS FOR DIGITAL HEALTH

Raising kids is not an easy task. Throw screens into the mix, and it can feel even more overwhelming. If you're nodding your head as you read this, you are not alone. We are the first generation of caregivers to raise digital natives — kids who've never known a world without the internet or smartphone — which means we can't follow a course set by generations before us. So, what are parents to do?

STEP 1
Give yourself grace. The fact you are reading this is a testament to the care and love you have for your child.

STEP 2
Start small. At the right are five principles for digital health that can help your family maximize the benefits of technology, while minimizing the side effects. Consider this list as a menu of options and choose one letter from START that you'd like to try first.

We know that might feel like a lot but, yet, not enough. Explore these STARTing points more by watching the Screen Sanity on-demand webinar. Use code **KIDHEALTH** to access for free!

S **Start With Yourself**
Model healthy digital habits for your kids. An honest look at our own digital habits is a first step toward building empathy and trust.

T **Tables & Bedtimes**
Just like our devices, we need to recharge. Develop habits of unplugging and recharging by setting consistent, predictable device-free zones. There are lots of ways to do this, but if you are looking for a couple of places to start, we suggest tables and bedtimes.

A **Accountability**
The online world is filled with harmful content that can lead to risky situations. And while there are no internet filtering solutions that are 100% foolproof, putting some measures in place can help you feel better. Think of them like a seatbelt — offering as much protection as possible from accidents in the online world.

R **Ride. Practice. Drive.**
When you teach your kids to drive, you don't simply hand them the keys and wish them good luck. You prepare them to navigate risky situations and road hazards through driver's ed. Take this same approach in the digital world.

T **Time Well Spent**
The digital world wants you to keep scrolling, but at the end of your life, all you have is your time and attention. Choose screentime that helps you create and connect rather than consume.