

# Parenting the Plugged-In Child\*

Growing Together | A Free Seminar Series for Parents



*\*This seminar is designed for parents of children ages 6-17.*

## Tips on Talking to your Kids about Digital Media

Remember, you wouldn't let your child drive a car without instruction! So have these conversations with your kids ahead of time and keep them on-going.

### Ways to talk to your kids:

- Approach the topic in a matter-of-fact manner
- Set clear rules ahead of time – and when you might intervene
- Establish that social media is a privilege, not a right
- Make sure all caregivers are on the same page

### Things to explain to your kids:

- Remind them that decisions they make are permanent in the digital media world
- Review both positives and negatives about digital media use
- Establish a balance with other activities

### Things you can do:

- Be knowledgeable
- Set good examples
- Monitor without “stalking”
- Let little things go

### Warning signs:

- Decreased grades
- Increased withdrawal/moodiness
- Changes in amount of digital media use (e.g., too much AND too little)