

YOUR FAMILY'S DIGITAL LIFE

Less Panic, More Practice



Start with conversation, not rules

The families who navigate tech well aren't the ones with the strictest rules. They're the ones who talk about it regularly and openly. Ask what your kids are watching, who they're playing with online, what they're into right now. Curiosity keeps the door open. Criticism closes it.

Try this: "What's something funny or interesting you saw online this week?" at dinner or in the car.



Context matters more than hours

Two hours gaming with friends is different from two hours scrolling alone at midnight. Research consistently shows that what kids do online, who they're with, and whether there's an adult they can talk to matters far more than the number on the screen time report.

Try this: Before reacting to how long they've been online, ask what they're doing and why they enjoy it.



Build in some screen-free moments together

Not rules. Moments. Meals work for some families. The first ten minutes after school works for others. Car rides. Bedtime. Pick what fits your family and decide it together -kids who help make the plan are more likely to follow it.

Try this: Name one time or place that works for your family. Keep it simple and realistic.



Sleep is the one thing worth protecting

The clearest research signal we have is that late-night device use disrupts sleep, and disrupted sleep affects everything - mood, focus, mental health. This doesn't have to mean no devices in bedrooms (homework is real). It can simply mean devices charge somewhere other than beside the bed after a set time.

Try this: "Devices charge in the living room after 9pm" is simple, evidence-based, and doesn't require monitoring anyone.