

LiveMore ScreenLess

Parent Action Steps for Digital Wellbeing



Listen

Engage in ongoing conversations centered on listening as you work to manage devices together.

- Ask your child to share how they use their screens for communication, school, fun, and feeling connected.
- Respectfully listen with ears, eyes, and mind.
- Be curious about online activity. This shows that how they interact with their screen matters to you.
- Inquire about their use of apps, games, sites they visit: what is the value of it to them; how do they feel when using it; do their feelings change with the amount of time they spend, with the type of post, type of use, time of day?
- Keep listening and discussing expectations of online/digital media time and place.

Limit

Factor age, purpose, occasion, time, movement, and location into specific screen use and limits.

- Some rules can be decided together and some decisions parents have the authority to make.
- No screens in the bedroom while sleeping is non-negotiable.
- Identify screen free times and behaviors: car pools, meals, movie night, school, and socializing.
- Together, create a screen plan that sets clear priorities for when screens are off.
- Be consistent.
- Be mindful that rules are more respected when consequences are upheld.
- As much as possible, try to enlist cooperation and consistency with all adults of influence in your child's life.

Lead

Parents are children's number one role model. What a parent says and does and uses their devices matters.

- Parenting expert Dr. Steinberg advocates that role modeling is "one of the most important principles" for positive parenting.
- We are all living and parenting in a new era; parents have not had multiple screen use parenting behavior modeled for us.
- Young people are the first to say, "My parents use their phone more than I do." Or often, "They have the excuse their phone is for work. They are always on their phone."
- Try to live by the old adage in this new era: *It is not what you say, it's what you do that matters.*

Love

Ground all you do in love. Acceptance, genuineness and empathy lead a child toward self-acceptance.

- In an ever-changing digital world, be open and available for what your child is experiencing and encountering in their digital space.
- As you Listen, Limit, Lead, and Love, the space will be created for your child to feel seen and heard.
- Encourage your child to do what they love beyond their screen. Guide them to prioritize time to be outside, socialize, read, create, and seek joy!
- Create a balanced life with screens for you and your family: LiveMore, LoveMore, and ScreenLess.



Tips are inspired by the work of Diana Baumrind's Authoritative Parenting Style | Dr. Steinberg's *The Ten Basic Principles of Good Parenting* | Carl Rogers.