

## PARENT TIPS

### Create a healthy media environment in your home.

The most important tip to parents for creating and maintaining cyberbalance in the household is to **model healthy online/offline balance for your children**. Explain the importance of having a varied diet of experiences in order to support family members' overall development and, in particular, their social development.

Modeling cyberbalance can understandably be difficult, when adults' work responsibilities, communications, and entertainment can all rely on digital tools.

#### Top 10 Parent Tips:

1. Model healthy online/offline balance and engage in digital parenting.
2. Monitor digital devices and set time limits.
3. Turn off screens at least one hour before bedtime.
4. Charge mobile devices away from the bedroom.
5. Enjoy media-free meals where the emphasis is focused on building strong family relationships.
6. Encourage the habit of completing tasks like homework, before engaging in social media, mobile device conversations or games.
7. Address obsessive and addictive behaviors.
8. Write a list of device-free activities with your child that they enjoy.
9. Discuss managing strong emotions when using digital devices. Resolve conflicts offline, not online.
10. Provide varied experiences to support social, emotional, and physical well-being. Technology is not there to replace family, friends, or staying physically fit.

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