PARENTING IN THE DIGITAL AGE

ENSURE ONLINE SAFETY
- Set clear rules and monitor online activities.
- Teach privacy and responsible behavior.
- Source: Pew Research Center

1

APPROPRIATE SCREEN TIME
- Follow American Academy of Pediatrics guidelines.
- Balance screen time with other activities.
- Source: AAP & Common Sense Media

2

MANAGING TECHNOLOGY ADDICTION
- Encourage alternative activities and technology-free times.
- Seek professional help if needed.
- Source: Common Sense Media

3

MANAGING EXPOSURE TO INAPPROPRIATE CONTENT
- Use parental controls and teach responsible internet use.
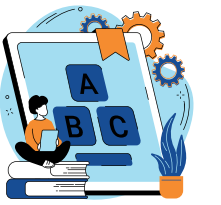- Discuss online content and safe choices.
- Source: Pew Research Cente

4

SOCIAL MEDIA FOR KIDS
- Consider maturity and discuss risks and benefits.
- Monitor activity and promote open communication.
- Source: Common Sense Census

5

EDUCATIONAL APPS AND WEBSITES
- Research age-appropriate and engaging options.
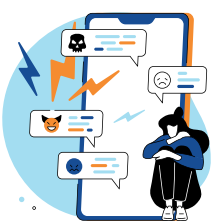- Read reviews and check ratings.
- Source: Statista

6

BALANCING PARENTAL TECHNOLOGY USE
- Set boundaries and model healthy habits.
- Prioritize face-to-face interactions.
- Source: Common Sense Media

7

ADDRESSING CYBERBULLYING
- Educate and encourage reporting.
- Work with schools and authorities when necessary.
- Source: National Center for Education Statistics

8

ENCOURAGING HEALTHY DIGITAL HABITS
- Set screen-free zones and establish a balance.
- Enforce screen time rules.
- Source: Common Sense Media

9

PROTECTING CHILD'S ONLINE PRIVACY
- Teach importance of privacy and enable privacy settings.
- Monitor online presence and digital footprint.
- Source: Pew Research Center

10

RISKS OF ONLINE GAMING
- Monitor gaming time and educate about online safety.
- Be aware of cyberbullying and inappropriate content.
- Source: Entertainment Software Association

11

PROMOTING POSITIVE DIGITAL CITIZENSHIP
- Teach respectful behavior and critical thinking.
- Address cyberbullying and promote empathy.
- Source: Common Sense Media

12

ElimuTab
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