

Tips for Helping Parents Manage their Child's Tech/Screen Usage

- Have clearly defined written rules for your child's electronic usage with specifics start/stop times and **BE CONSISTENT**.
- Keep electronics out of your child's room, especially at night. Have video gaming consoles and computers in common areas of the house.
- Turn off electronic devices one hour before bedtime.
- Don't allow your child to play a video game or use a social media app that you haven't mastered or fully understand.
- Have your child put their "fun" electronics away when they are doing homework/chores.
- Know passcodes for your child's devices and check them regularly.
- Consider installing monitoring software or devices to help manage and track your child's electronic usage.
- **Do not** treat electronics as a reward as you can inadvertently make tech more appealing.
- Role model appropriate screen usage (i.e., don't text and drive)
- Understand the Entertainment Software Rating Board (ESRB®) rating system.
- Keep **young** children (2 and younger) away from video games and/or electronic usage.
- Keep children away from "Mature" video games.
- Understand and use the parental controls that are available on some video games/electronic platforms.
- Block strangers and restrict people your children can play with online to approved friends only.
- Monitor and even play your child's video games with them.
- Designate certain days of the week (or even hours of the day) as "No Electronics" for the whole family.
- Limit video games/electronics as gifts. Have your child take responsibility for the tech cost.
- Strategize with other parents around appropriate games and apps.
- Refer to **CommonSenseMedia.com** and **Screenagersmovie.com** as great tech resources.

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