

Guidelines for Parents: Electronic Devices



- 1. Limit screen time:** As a parent, limit screen time when children and teens are around. Turn off the phone, TV, video games and computer/electronic devices.
- 2. Find activities:** Find activities that involve your children and teens (outdoor activities, board games, crafts, etc.).
- 3. Meal time:** Keep electronic devices, TV's and computers off during meals. As a parent lead the topic of conversation and include children and teens. Have them introduce topics of conversation, ask for their opinions, etc.
- 4. Computer location:** As most electronic devices are now internet accessible, monitoring internet use among children and teens can be a challenge. So use parental controls. When these devices are in use, such as a computer, should be kept in the kitchen or family room where children and teens can be monitored.
- 5. Bedroom:** Keep electronic devices, TV's and computers out of children's rooms. Having these devices in their room can distract them from their own creativity and learning from drawing, reading or other developmental learning activities.
- 6. Rules:** Set guidelines such as daily time and location of use. For example, collect these devices before bedtime, do not allow during homework time or mealtime, etc.
- 7. Homework time:** Do not allow children and teens to have electronic devices while doing homework, as it will help reduce the risk of being distracted and break their concentration. If used for school project use, these should be used in living areas for monitoring.
- 8. You are the parent:** Maintain "parent control" programs and apps on devices, computers, TV, etc. Monitor content. If content from texting to movies is not appropriate, explain to the child or teen why and do not allow it. You are the parent and explain that they might not like it now but one day they will understand.
- 9. Summertime online child exploitation risk:** Especially for younger teens. Involve them in finding a summer camp or similar learning activity that they desire to keep them busy and learning throughout the day instead of leaving them home alone even if for a few hours. Leaving a teen home alone to sit and relax leaves them at risk and will not benefit them socially or academically. Visit www.procarseatsafety.com/summer-camp.html
- 10. Online child exploitation risk:** As a parent understand the risks. Both children and teens are at risk when they are left home alone, especially with hand held internet access 24-hours a day. While a young teen might not seek someone out, anyone online can seek and influence them. Don't leave your child or teen at risk. Learn more information contact www.fbi.gov or the National Center for Missing and Exploited Children at www.missingkids.com or 1-800-843-5678.



The brains of children and teens will adapt to the environment it is most exposed to. As a parent what do you model to your child?



Visit "Parent Central" at
www.procarseatsafety.com

