

# Managing Kids & Tech

## 1. GET CURIOUS- Why is technology a problem in your family?

Get Curious with Yourself	Get Curious with Your Child
<p>Why is tech an issue for you?</p> <ol style="list-style-type: none"> <li>1. <u>Societal "Should"</u>: A rule you heard somewhere that you are sticking to</li> <li>2. <u>Fear/Anxiety/Control</u>: When things are unknown we try to control them.</li> <li>3. <u>Scapegoat</u>- Unrelated bad behaviors, but phone is easy to blame.</li> <li>4. <u>Legitimate Reason</u>: safety or time issue- negatively affecting grades, personality, sleep, etc.</li> </ol>	<p>Why is your child using tech so much?</p> <ol style="list-style-type: none"> <li>1. <u>Joy</u>: They are getting enjoyment out of games, videos, learning, art, etc.</li> <li>2. <u>Confidence</u>: Struggling with school, etc, but winning games can boost confidence.</li> <li>3. <u>Connection</u>: Our teens need social time; this may be their only mode.</li> <li>4. <u>Addiction/Unhealthy Habits</u>: Bad habits have taken over.</li> </ol>

## 2. HAVE A CONVERSATION- To problem solve and set limits & consequences together that teach healthy habits.

**Develop an "Us vs. The Problem" mindset-** Involve your children in the problem solving as much as possible depending on age. This promotes LESS resistance, rebellion, and lying/manipulation and MORE trust and safety.

### Connected Conversations

**Remember-** goal is to teach balance and safety with technology

1. Share Concerns What addictive/unhealthy behaviors have you seen? Why are they unhealthy? What effects are you concerned about?
2. Brainstorm Limits: Brainstorm what limits make sense and come to a consensus (What other activities are necessary each day; chunk the day; use calendars and alarms to remember; etc)
3. Brainstorm Consequences: (Revealed in advance, respectful, related, followed through) What does everyone agree will happen if limits are broken? (short break, long break.)
4. Try for a Limited Time Come to consensus to try for a couple days/week to see how it goes. Reconvene to discuss how it's going, brainstorm new ideas.
5. Keep Tweaking This is trial and error, so will take some time to get right especially if they've had bad habits for a while; it will take at least that long to establish good habits.

## 3. HOMEWORK!

1. Before tackling the tech rules in your family, sit, breathe, and imagine the end goal you would like- not just with technology, but also the bond you would like with your child.
2. Then, when setting the limits and enforcing the consequences, ask if you are building or breaking that bond and connection. If what you are about to do will break connection, do what you can to create a team mindset BEFORE you act.