



- 1 Establish clear rules:**
Set clear guidelines for when and how much time your child can spend on devices. For example, specific times of day or a certain number of hours per day/week.
- 2 Lead by example:**
Show your child that you value time spent outdoors and offline by modeling those habits yourself.
- 3 Create a tech-free zone:**
Designate a specific area in your home or outside where no technology is allowed, such as the dinner table, their bedroom or the backyard.
- 4 Encourage outdoor activities:**
Plan outdoor activities that your child will enjoy, such as going for a bike ride, taking a hike, or going to the park.
- 5 Get involved:**
Join your child in their screen time activities and play video games or watch TV shows with them. This way, you can monitor what they're watching and ensure that they're engaging in age-appropriate content.
- 6 Set realistic expectations:**
Understand that it's nearly impossible to eliminate all screen time. Instead, focus on setting realistic expectations for your child's technology use and strive for a healthy balance.
- 7 Be consistent:**
Stick to the rules you've established and be consistent in enforcing them. This will help your child understand the importance of healthy screen habits.

For more tips to ensure your children's online safety, by age group, visit perspectivesltd.com/Blog.

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