



Screen Time: Quality over Quantity

- What did you create or learn from the game/app today?
- Is this screen time helping your brain grow, or is it just passing the time?
- Let's find a new app or online activity we can do together this week.

Set Clear Expectations for Group Chat

- What's your plan if a group chat gets unkind or makes you feel left out?
- Remember that a joke or a tone can be misunderstood in a text. If something is important, a phone call or talking in person is often better.
- What are our family's rules for what you can and can't say in a group chat?

Parental Controls and Co-Viewing

- Can you teach me how to play that game? I'd love to try it.
- I saw a new show on [streaming service]. Let's watch the first episode together tonight.
- Tell me about the characters in that game. What do you like about them?

Balancing the Digital and Real Worlds

- What's one thing you want to do offline this week?
- Let's brainstorm a list of fun things we can do that don't involve a screen.
- How about we put all our phones in a basket during dinner so we can focus on our conversation?

You are the most important guide in your child's digital life. Stay curious, stay connected, and most importantly, remember to have ongoing conversations.