



Media Guidelines For Children (Ages 5-12)

Media is everywhere. Here's how to teach your child how to have a healthy relationship with technology.

How should my child be using digital media?

- A.** Designate media free areas such as dining rooms and bedrooms, and designate clear boundaries and restrictions of how often children are able to use media. Avoid using electronics as rewards or consequences all the time.
- B.** Supervise your children when online, or implement content filters and safe search.
- C.** Have a conversation with your child about what they see on media- for example, call out negative messages present in social media and television.
- D.** Make sure content is age appropriate, engaging, and hold the desired values. Help your child apply what they see on media to the real world.
- E.** Make sure electronics do not replace essential sleep, exercise, or play. Don't underestimate the value of non-electronic toys! No electronics at night.
- F.** Avoid using technology as an emotional pacifier- kids should be able to learn other solutions to boredom, sadness, and frustration.