

Building Healthy Digital Homes



Ways to Encourage Healthy Digital Family Habits

Here are some ideas that might help you balance the use of technology within your family members:

Watch and play together

by engaging in shared activities within the family.

Learning together

by using online educational platforms and sharing events and news.

Collaborating and sharing

by finding common interests and hobbies to do as a family.

What are my responsibilities as a parent?

If mobile phone usage is getting in the way of family time, homework, and other responsibilities, it might be time to help your kids manage their mobile phone usage.

Discuss

mobile phone usage habits.

Charge

mobile phones in common areas.

Understand

the reasons behind excessive mobile phone usage.

Supervise

younger children's online activities.

Meaningful Family Discussion Session

Dear parent, here are some questions to help you manage a meaningful dialogue with your children to help them organize their screen time habits:

What is your favorite app or game right now

What are your favorite social media accounts or the people you follow

How do you feel when you're on Instagram (or another app)

Have you ever set time limits for yourself online

Do you know how to block someone on your favorite apps

What are our family habits in using electronic devices?

Share a few examples Like :
Do you check your phone immediately upon waking up?

Should we consider allocating specific times for relaxation, during which we can have a break away from our devices?