

Help Children Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Children and young people love easy access to TV shows, games and information. Parents and carers love that their children can stay in contact, while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips



Create screen-free times and zones.

Help children and young people take breaks from tech by limiting screen time in bedrooms, during study time or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.



Explore built-in digital well-being tools.

Together with your children check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions; limiting notifications from certain apps; using settings that turn off devices at a certain time each night; and more.



Model the behaviour you want to see.

Children and young people learn more from watching adult behaviour than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your children.



Help children identify healthy behaviours.

Ask children to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage children to keep the constructive activities and let go of the rest.



Understand how tech companies make money.

Along with your child, research how digital devices, social media platforms, apps and games get paid. Do they sell ads? Do they sell children's data? Discuss why companies might want children to



MEDIA BALANCE & WELL-BEING

**We find balance
in our digital lives.**

Help Children Balance Their Media Lives

spend more time on their platforms and what tricks they use to keep their attention.



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.