



TIPS ON TECHNOLOGY

Wii



Our children now grow up using — and being comfortable with — many forms of technology that can be used in many positive ways including learning and entertainment. As leaders of our families we can determine the best use of technology for our children, for ourselves, and for our families. It is not only important to continue to teach by example, but also to make good choices and set limits so that we ensure the well-being of our children.

On the reverse, we offer ten tips for you and your family — starting with a beautiful reminder that spending time with our children is always first.



Abriendo Puertas | Opening Doors

Building a Better Future Through Parent Leadership

www.ap-od.org

Thank you to the Joan Ganz Cooney Center at Sesame Workshop for their collaboration in the development of this information.

TIPS ON TECHNOLOGY

1. It's never too early to start talking, storytelling, and reading to your child.
2. Model good behavior: carefully choose how and when you use technology with your children. Never text while driving.
3. Explore the Internet – give it a try! Visit your library to learn more about the many resources you can access via technology.
4. Spend time with your children – talk to them about their experiences and share their digital world. Watch what they watch, play their video games, listen to their music, be familiar with their apps, and visit the websites they surf.
5. Avoid exposing young children to adult-directed programming.
6. Enjoy talking with your family during mealtime with no technology in sight.
7. Talk with your children about online bullying and with whom they can chat.
8. Set limits. Watch for signs that your children understand and react positively to what is on screen. Respond, laugh, and learn with them. Setting limits is not only about time: restrict exposure to content that is not designed for your child's age or stage of development.
9. Don't let screen-time substitute for physical activity.
10. Schedule family game nights. Playing together can be fun and promotes family unity.

