

CELL PHONE TIPS FOR FAMILIES

- Turn off screens and remove them from bedrooms 30 to 60 minutes before bedtime
- Learn about parental controls
- Provide clear limits
- Designate some times and places as no-device zones
- Maximize in-person activity and sleep, rather than focusing on total screen hours
- Provide experiences outside with other children
- Provide clear structure to the day and week
- Look for signs of addiction and problematic use
- Delay the opening of social media accounts until 16
- Coordinate with other families to create community expectations
- Talk with your child about the risks, and listen to their thoughts
- Talk to your child's teacher and principal and support the new provincial direction on mobile devices



Based on
The Anxious Generation
by Jonathan Haidt

