

10 TIPS FOR DIGITAL WELL-BEING

Parents and care-givers: Put these tips somewhere visible, and let them remind you of good digital habits to promote in your home each day.

1. Get a dedicated alarm clock for everyone in your family. This will help you avoid getting sucked into using your phone first thing in the morning.
2. Have a central charging station for all devices in your home. Just make sure it isn't in a bedroom.
3. Establish sacred spaces in your home where devices are not allowed, even while alone. When you spend time with friends and family, ask everyone to leave their phone in a different room.
4. Block specific times of the day for both you and your kids to go technology-free, whether it's dinner time or a specific time range.
5. Ask your kids questions every day about how they're feeling. This can help keep them from processing complex emotions online in unhealthy ways.
6. Play games to discourage screen use. Have the first person who checks their phone during a family meal do the dishes.
7. Check your screen time every night. Hold yourself accountable for self-imposed daily screen time limits.
8. When hosting kids at your home, have them put their phones in a basket at the front door.
9. Turn off all devices at least a half hour before bedtime.
10. Encourage your kids to play and explore without screens. Get them out in nature, play board games with them, challenge them to read hard books, and cook and exercise together. And remind them it's okay to be bored sometimes.

Please visit DakMed.org for more tips and resources.



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