



DIGITAL FUTURES INITIATIVE

PROACTIVE PARENTING PLAN

1. Digital Parents need to **APPLY** themselves:

An open dialogue with your child is necessary

Plan on how you will monitor your child's friends and devices

Prepare a Parent/Child Agreement and set guidelines

Love your child, but be honest about rewards and consequences

You continually educate yourself with the latest research and books

2. **Priorities** to parenting digital native children:

- Make meal time family time well spent
- Remove devices from bedrooms & automobiles
- Set digital time-outs daily to increase emotional intelligence
- Teach we' over 'me' brings humility
- Support schools teaching ownership & responsibility
- Parent 'being better not the same'

3. **Restore** parental authority

- Clear the mindset of 'everyone gets a trophy'
- Reestablishing social skills will bring about better academics
- Reinstate hierarchy of parent over child – not friend/equal or lower
- Guide a child to seek your support over the peer-to-peer thinking
- Role model good digital citizenship

4. Culture kindness in the home

- Empathy, emotional awareness & management are keys
- Motivate a child: now & often by being specific & sincere
- Instill impulse control & delay gratification
- Implant ownership to mistakes
- Inspire others & self

5. CONSIDERATIONS before setting parental controls:

- Restrictions desired or needed
- Age & grade of your child
- Budget set aside for different controls
- Time willing to devote to monitoring
- Personal parenting preferences