



DIGITAL FUTURES INITIATIVE

PROACTIVE PARENTING PLAN

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

- A**n open dialogue with your child is necessary
- P**lan on how you will monitor your child's friends and devices
- P**repare a Parent/Child Agreement and set guidelines
- L**ove your child, but be honest about rewards and consequences
- Y**ou continually educate yourself with the latest research and books

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

- Make meal time family time well spent¹
- 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

- Focus on responsibility not entitlement
- 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 of kindness in the home

- Empathy, emotional awareness & management are keys²
- Motivate a child: immediately, habitually, precisely & be genuine³
- 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

¹ Dr. Leonard Sax, *The Collapse of Parenting* (New York: Basic Books 2015)

² Dr. Michele Borba, *UnSelfie* (New York: Touchstone 2016)

³ Adrian Gostick & Chester Elton, *What Motivates Me* (Utah: The Culture Works 2014)