

KIDS, SCREENS & PHONES

DIGITAL HEALTH TIPS & TRICKS

1. Keep your child's phone in *your* bedroom at night

This is *the most important rule* to your child's digital health. Phones in rooms = loneliness, sleeplessness, anxiety, and more. *Buy your child an alarm clock!*

2. Eliminate device use before school

Morning video games or TikToks impair your child's focus at school, leading to boredom and learning loss.

3. Have difficult digital discussions and stay firm

Your child WILL encounter inappropriate content, cyberbullying, and stranger contact. Regularly review your child's device and talk about what you find.

4. Make a Digital Contract

Write with your child a contract that defines rules for screens and phones, including times of use, apps, bullying, stranger contact and more.

Consider implementing a device-free day each week.



These suggestions are based on a regular review of scientific evidence, best practice by other organizations, via TK1's meetings with teachers and staff at schools here in Taos, and reflections from teens on our Youth Council.