

# 3 Pillars of Digital Wellbeing – Childhood

## Digital Participation – Digital Literacy.

- ✦ **CHOOSE** high quality and age-appropriate apps and programs.
- ✦ **USE** online reviews and ratings like Common Sense Media and Children’s Technology Review.
- ✦ **LET** your child explore, create, and experiment with media.
- ✦ **PAY ATTENTION** to your child’s interests and support them with a variety of materials.
- ✦ **LINK** technology use to offline activities and play.

## Digital Citizenship – Connection.

- ✦ **PRIORITIZE** screen free time to connect, share, play, dance, sing, move, puzzle.
- ✦ **ASK** your child to consider the emotional impact of their actions on others.
- ✦ **MODEL** appropriate use of technology and unplug.
- ✦ **PRACTICE** emotional regulation, taking turns, and cooperating.
- ✦ **JOIN** your child in media and ask questions that promote understanding and link to life.

## Digital Discipline – Boundaries and Consequences.

- ✦ **LIMIT** the amount of time young children spend with media and avoid background media.
- ✦ **KEEP** screens out of the bedroom.
- ✦ **CREATE** a safe “playground” for young children online by choosing specific sites and apps.
- ✦ **SET** clear boundaries and expectations about what, where, and when. Enforce consistently.
- ✦ **MODEL** healthy media use.

## Further Resources

- For parenting, brain development, and technology questions: [sparkandstitchinstitute.com](http://sparkandstitchinstitute.com)
- For ratings, reviews, and tips: [CommonSenseMedia.org](http://CommonSenseMedia.org) and [childrenstech.com](http://childrenstech.com)
- For research on media’s impact on kids: [cmch.tv](http://cmch.tv), [JoanGanzCooneyCenter.org](http://JoanGanzCooneyCenter.org), [CommonSenseMedia.org](http://CommonSenseMedia.org)