

Electronic Addiction Prevention Tips

- Encourage your child to participate in hobbies, sports, and community or volunteer activities.
- Spend time as a family doing activities that do not involve electronics such as hiking; camping; attending sporting events, plays, or concerts; participating in religious or community activities; bowling, skating, or even playing arcade games; or pursuing hobbies together.
- Get a pet that your child will want to help take care of.
- Encourage your child to volunteer at an animal shelter or rescue center. Shy kids often feel more comfortable around animals than they do around people.
- Encourage your child to research places of interest and routes for family vacations and outings.
- For young children, limit exposure to electronic devices and don't use them as time-fillers.
- Be sure your child gets plenty of quality sleep, exercise, and healthy foods.
- Create your family electronic landscape with your child, covering how and when electronics will be used.
- Set up parental controls on cell phones, computers, and gaming systems.
- Monitor your child's online activity regularly.
- Educate your child about internet safety and ethics. Make discussions about electronic security part of regular family talks.
- Find age-appropriate educational videos on YouTube, social media, and other media and view them together.
- Teach your child how to identify safe sites, and fake news and postings.
- Include in your electronic landscape what kinds of photos and family information can and cannot be shared online.
- Foster social-skills development by arranging play dates or activities with friends, teaching about the differences between online and real-world friends.
- Support your child's academic success. Talk to school personnel if you sense a learning or developmental problem.
- Watch movies as a family about bullying, childhood friendships, and other developmental topics, and discuss them.
- Have regular family game nights.

If you are concerned about your son or daughter's electronics use, please visit www.CenterforElectronicAddiction.com for help and resources.