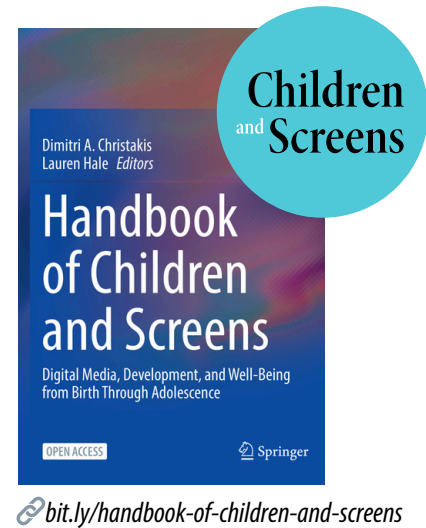


RECOMMENDATIONS

Parenting in the Digital Age



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Utilize parenting practices that are warm, responsive, and stimulating.
 - Model desired digital device habits.
 - Co-create media rules with children using a mindful and thoughtful approach.
 - Consider children's development, rather than age, when making decisions about their digital device use.
 - Determine how children are using digital devices, in addition to how long.
- Prioritize human interaction and use digital media to supplement it.
 - Co-view and co-play with children through at least age 8.
 - Balance restrictive mediation approaches with opportunities to build online social and digital literacy skills.
 - Explore how digital media can be a resource for life improvement.



Clinicians and Providers

- Be an ally for parents.
 - Have open discussions with families about digital device use, including information about risks, benefits, and how to manage children's screen time.
 - Tailor recommendations and interventions to families' lived experiences.
- Apply family systems theory to each patient's situation.
 - Become informed about technoference.
 - Partner with telehealth innovators to ensure quality.
 - Consider family media plans as a tool for behavioral interventions.