

Finding the Right Media Balance for Your Family

Learning how to achieve a healthy media balance is a life skill we teach our kids, just as we teach them how to learn to swim and drive a car.

Ideas for finding the right balance:

Use media together

Watch, play, and listen with your kids and talk about the content together.

Help your children think critically

Help them question and analyze what they see and hear. Share your values with them.

Plan offline, active time together

What are off-line activities you can do as a family that are fun and interactive? What activities can you do together that involve getting outdoors?

Set limits before your kids go online

Make family Internet rules and stay consistent.

Be a role model

Our behavior is caught, not taught. Be a role model by consciously using media the way you want them to use it.

Remember - It's OK to be bored

We all need downtime to relax, think creatively, and learn effectively.