



The Challenge of Technology @ Home

- Monitor and guide children through their use of technology.
- Even when children seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance.
- Spend time online with your child – exploring what they get up to can be fun!
- Keep technology in a shared and visible place.
- Set rules, and do your best to stick to them!
- Discuss amount of time they can spend on technology
- Negotiate & persevere
- Keep a balance of ALL types of activities – social, physical, intellectual.
- Encourage reporting, and engage in conversation about usage.
- Not all screen time is the same!
 - Co-engagement (working together with technology)
 - Learning content & context (is the task facilitating learning and thinking?)
- Seek advice and use your supportive network – other parents, teachers & online.

