



AOP TECH PARENTS

Positive Family Tech Habits

As technology becomes more a part of our every moment, it can be hard to create a balance at home. Here's two ideas for establishing good tech habits for all members of your family at any age! Remember, it's always a good idea to include your child in on these discussions!

1. Keep technology and/or screens in common areas. For example, some families decide that the living room or family room are the places that devices are used. This keeps children from hiding away in their bedroom, out of the site of parents. This helps families keep a better pulse on how much time is being spent on screens and what kids are doing online.
2. Shut down all screens (including yours parents!) an hour before bed. This helps to establish relaxing bedtime routines AND helps all members of your family to sleep better - something we all need!

Talking to Kids about the Election

Talking to kids about the election can be tricky no matter the political climate. However, with the tension on both sides of the political aisle, this election definitely presents some unique challenges. Often, our tweens and teens are receiving the majority of their information from social media. Younger students more often feel the effects of the evening news and commercial advertisements. While making children aware of the candidates and electoral process is important, some of these avenues leave the door open for misinformation or can even be scary for children. Here's a few tips for navigating election talk at any age:

Elementary students:

- Seek out "kid friendly" news - Scholastic, [PBS](#), and Time all offer developmentally appropriate news articles and video clips to help children decode what's happening.
- Talk about both sides - It's okay to share your opinion with your child. However, it's important that they hear information from all sides. Then, explain how or why you hold a certain opinion. This helps kids develop their own decision making processes.

Tweens

- Focus on the election process - Older students can and will want help in navigating the electoral process. Starting conversations here will help them to understand the importance of voting.
- Discuss the importance and influence of advertising - Helping tweens to understand why candidates sometimes use hateful rhetoric can help them to decode and breakdown emotional charged ads.

Teens

- Watch the debates together - Teens crave to have their voice heard and opinions valued, especially if they differ from your own. Watching debates together, researching the accuracy of claims, and discussing both sides will help teens take part in our democratic system. It will set the tone for when they are able to vote!

McMahon, Regan. "Election Year Parenting: Helping Kids Navigate Politics." CNN. Cable News Network with Common Sense Media, Mar. 2016. Web. Oct. 2016