



# Balancing #Tech Tips – for Families –

*It takes a village ... or at least a whole household to help each other find a balance when it comes to using tech and managing screen time. Discuss these following tips with your family and outline a plan of action for you all to try.*

- 1 **Track your own data.** Do you know how much time your family members spend with screens? Consider asking everyone to log their tech use for a week to see how much time you all are in front of devices. Did any interesting patterns emerge?
- 2 **Test your willpower!** After reflecting, ask your family to try setting some limits – invite them to set their own versus imposing them. Maybe they’d want to set a time limit per day or take a day off per week for a tech-free day. Smartphones and tablets can track usage and then help the user set limits; the devices can even lock themselves!
- 3 **Get in the zone.** Talk about where tech is used in the house. Is homework done online in a family space? Could your dinner table be tech-free? Do phones sleep in the kitchen? How can you all decide to designate some areas to be free of buzzes and chirps?
- 4 **Have a chat.** Have open conversations about what everyone likes to do online. What are some of the opportunities to create and not just consume media? Ask what also can weigh them down – it might be FOMO, or the mirage of picture-perfect happiness, the push to buy, or the political discourse. The unseen pressures of the digital world are the ones we need to bring to life to work through ... together.
- 5 **Celebrate the possibilities.** There are so many opportunities with tech, whether it is to connect during a pandemic, edit a movie, produce an original song, build a Rube Goldberg machine (look up examples – online – if you don’t know what one is) ... so consider ways to have publishing parties or viewing parties where you all can applaud the artistry, creativity, and craftiness that lies within us all.



What are some household ideas or guidelines you all want to try? Commit to writing them down and trying for a week. Then revisit the highs and lows and adjust for the next month. Habits take a long time to form – and break – so work together and support one another around your tech use.

	Idea	Notes
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