



# Morton Community Unit School District 709

Providing an Education to Last a Lifetime

## Parental Technology Tips

### Not All Technology is Equal

There is a significant difference between spending time watching TV and reading an e-book or creating a term paper on a computer. As parents, you are concerned about the healthy development of your child, so it is important to monitor the use of technology to ensure the content and moderation of its use. Below are questions to help parents determine the value of technology use.

#### **Content**

- Active engagement. Are children solely taking in information or are they actively creating something?
- Intellectual engagement. Are children reading trivial information or are they developing a depth of understanding?
- Appropriate engagement. Are children working with information that supports their moral development?

#### **Moderation**

- Activity Time. Are children physically active for at least an hour a day and not just screen free for 60-minutes?
- Interaction Time. Are children communicating with family and friends regularly without the use of technology?
- Appropriate Time. Is technology always used as the default when there is nothing else to do?

### Parenting is not Passive

As you know, there is a significant difference between spending time with children and truly parenting children. Parenting requires actively promoting positive experiences while protecting from children from negative ones. Below are some tips to consider to be an actively involved parent.

#### **Content**

- Encourage your children to create. It doesn't have to be with an electronic device, but that is certainly an option.
- Encourage your children to learn. Determine what their interests are and help them find resources to learn more about the topic. Help them find ways to apply that knowledge to other areas.
- Encourage quality content. Intentionally identify content that is going to help kids develop positive ideas, morals and values. Don't just give them a list of content to avoid.

#### **Moderation**

- Get active. Encourage them to be physically active. Be an example by being active yourself.
- Get involved. Talk with your kids. Dinnertime is a great time to do that.
- Just say no. There doesn't have to be a "good reason" for kids not to use their electronic devices.

**The benefits of technology use is highly dependent upon parent expectations. Do not let any technology of any type be used in private places or during unsupervised times. Get involved with it and ask to see how your kids are using it.**