Proactive Parenting Plan

1. **QUESTIONS** before allowing a child to have a phone
   - Is your child emotionally strong?
     i. A must is tolerance, acceptance & resiliency
     ii. Do they understand how their emotions will be manipulated?
   - Are you prepared for phone-platforms to exploit & expose your child to many things through the (www) world wide web?
   - When should your child have a phone? It’s a parental choice!
     i. Parents must teach & train digital culture for the family
     ii. Parents must establish their rules & guidelines
     iii. Parents must establish digital down time
     iv. Parents must know your child’s online friends
     v. Parents must engage in all digital activity your child is in:
        1. Gaming
        2. Apps
        3. Social Media platforms
        4. Websites
        5. Clouds

2. **SELF-CONTROL** & wise choices are taught with the Four C’s:

   DIGITAL FUTURES INITIATIVE
Proactive Parenting Plan

- **Count** to 10 & take 3 deep breaths – slow down
- **Consider** all options, results & consequences of making the choice
- **Careful** with moods & emotions that may influence the choice
- **Check** for advice & determine if it is true, false or unknown before choosing

3. **TIME** in life consumed by TV & Social Media is said to be 9 years:
   - Platforms are built for addiction
   - They consume your personal data
   - They create ‘adjacent relationships’ with algorithms and artificial intelligence
     - Then your watching or viewing videos, pictures or an article about something you would have never thought to look at previously
     - They are forming our behaviors & viewing patterns
     - As well you are now getting Advertisements – the platforms goal is profit
   - No platforms are **FREE** – (we) humans are the product
   - We can control the **ATTENTION** we give to platforms
   - **GET YOUR 9 YEARS BACK!**

4. **PRIORITIES** to parenting digital native children:
   - Make mealtime family time well spent
   - Remove devices from bedrooms & automobiles
   - Set digital time-outs daily to increase emotional intelligence
   - Support schools teaching ownership & responsibility
   - Parent ‘being better not the same’
   - Role model good digital behaviors – take time-outs too

5. **CULTURE** of kindness in the home
   - Empathy, emotional awareness & management are keys

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- Motivate a child: immediately, habitually, precisely & be genuine
- Instill impulse control & delay gratification
- Implant ownership to mistakes
- Tolerance, Acceptance, Resiliency and Kindness

6. **DETERMINE** before setting parental controls

- Restrictions desired or needed
- Age & grade of your child
- Budget set aside for different controls
- Time willing to devote to monitoring
- Personal parenting preferences

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2. Dr. Michele Borba, *UnSelfie* (New York: Touchstone 2016)