

DR KRISTY'S

## Top 5 Digital Wellbeing Tips



### 1. Parents need to be the **PILOT OF THE DIGITAL PLANE** (and not the passenger).

Our kids and teens need guidance about how to navigate the digital world. If you're in the pilot's seat you can help them to course-correct so that when (not 'if') they hit digital turbulence (exposure to pornography, cyber-bullying, online predators, digital dependence) they won't crash the plane. Your child and teen may be more tech-savvy than you, but they don't yet have the brain architecture to always use technology in healthy and helpful ways. Just like vegetables, kids need them, but they don't necessarily want digital borders and boundaries.



### 2. Establish **DIGITAL BORDERS & BOUNDARIES** around your child/teen's tech habits with your child.

Parents need to set boundaries around *how much* time kids spend plugged in, as well as *what* content they can consume, *where*, *when*, *how* and *with whom* they use digital devices. Avoid using technology as a reward or punishment tool. If we reward kids with screen time it elevates the importance of tech and creates a transactional relationship with our kids (they'll start saying, "I'll unpack the dishwasher if I can play my game."). If there's any perceived fear of 'digital amputation' our kids won't come to use when they're facing a digital dilemma. Get your screenagers involved - simply presenting technology contracts or agreements won't work. Establish a **Family Digital Wellbeing Plan** together (you can access this here-[drkristygoodwin.com/webinar\\_family-digital-guardrails/](http://drkristygoodwin.com/webinar_family-digital-guardrails/), or it's also one of the many inclusions inside the *Switched on Parents' Portal*-[drkristygoodwin.com/switched-on-parents-portal/](http://drkristygoodwin.com/switched-on-parents-portal/)).



### 3. Ensure that technology doesn't displace your children's **BASIC NEEDS**.

Kids and teens have seven basic needs for optimal development and wellbeing- relationships, language, sleep, play, physical movement, executive function (higher-order thinking skills) and nutrition. It's our job as parents to make sure their time spent on devices doesn't encroach on the time available to meet their basic physical and psychological needs. If we ensure that developmental needs have been met, then we can ditch the guilt and concern about their tech time derailing their health or development.



### 4. Preserve and promote **BOREDOM**.

Boredom is good for our kids (and us, too!). Human brains weren't designed to be switched on and constantly processing information 24/7. Our brains need opportunities for plenty of whitespace and daydreaming. When we allow ourselves enough time to daydream or mind-wander, we create space to come up with creative ideas and solutions to problems. It's also when our kids can start to form an understanding of who they are as an individual.



### 5. Ensure your child or teen gets enough **GREEN TIME**.

Time in nature, green time, is essential for children and teens' sleep and eye health. Research shows that time in nature, especially first thing in the morning, helps to reset their circadian rhythm. We also know that time outdoors can help offset myopic progression (near-sightedness). Children and teens need approximately 2 hours of outdoor time/day (can be interspersed throughout the day).

## *Sick of screen time ending in scream time at your place?*

Do you want to put an end to the guilt, grief and guesswork when it comes to your child or teen's screen time? Are you looking for realistic solutions to your child's or teen's digital dilemmas? Want to keep on top of the latest online trends?



Let me help you find peace of mind in the digital age (without suggesting that you ban the phone, or hide their gaming console).

Get 20% off my Switched On Parents' Portal using the promo code 'parents'.

Access video recordings of my most popular parent seminars, webinar replays, masterclasses for kids and teens (so you don't have to be the bearer of bad news), mini-masterclasses on current issues facing parents of 4-16 year olds, PDF tip sheets and eBooks. This digital library contains practical advice and simple strategies you can implement immediately in your home to help your kids and teens thrive in the digital world. Find out more here - [drkristygoodwin.com/switched-on-parents-portal/](http://drkristygoodwin.com/switched-on-parents-portal/)



### *ABOUT DR KRISTY*

Dr Kristy Goodwin is an award-winning researcher, speaker, author, and mum on a mission to help parents and educators raise happy, healthy children and teens who thrive online and offline.

As a researcher and educator herself, she's spent most of her professional career researching and speaking about the ways in which technology shapes children's and teens' wellbeing, health, and learning. She provides research-based but realistic advice and strategies to teachers and parents on how they can teach their children to use technology in productive and purposeful ways without reverting to phone bans or constant digital detoxes.

She authored the book *Raising Your Child in a Digital World* and has conducted numerous evaluations and research studies for the New South Wales Department of Education and Communities. Prior to becoming a speaker and consultant, she worked as an educator for 14 years with schools in both the public and private sectors. She also lectured at Macquarie University and University of Notre Dame and has completed a PhD on the impact of digital technologies on children's learning & wellbeing.

Find answers to your digital dilemmas here:

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