

The MediaTechParenting.net 2016 Digital Parents' Holiday Checklist

- 1 Set up or have the device set up while you are watching or have someone set it up for you. If you are an "old pro" and plan to let your child set up the device, be sure to consider other issues below. Most devices have restrictions that can be set and locked. ☐
- 2 Think about ownership. Many kids believe that the device is theirs to use however they want. What will you tell your child about ultimate decision-making? A good resources is **Janis Burley Hofmann's 2012 letter to her son** about his new mobile phone. ☐
- 3 How will you set up app purchasing? Will you have an account with a password so your child must check in when purchasing an app or will your child be able to do it? If you child has a app-purchasing account from a school device, do you keep an eye on it? ☐
- 4 Look over the web resources for **digital device agreements and contracts**, choose one that works for you and your family members, and wrap it with the present. Expect to make regular revisions. Also check out my **Rules-of-the-Road** blog post. ☐
- 5 Write down the expectations you have for your child when he or she uses phone to communicate, the camera to take pictures, or the apps that share photos, videos and chats. The instantaneous nature of connected life means that your child — most of the way through the teen years — makes sudden decisions at a time in life when **impulse control is only gradually developing**. ☐

- 6 Consider when and where the devices will be charged. It is wise not to share devices in bedrooms, Read a post at the Center for Media and Child Health ([CMCH](#)) about [getting media devices out of kids bedrooms](#). □
- 7 Decide where and when devices will be used and not used in your family. Our conversation skills are going down hill, so be sure that your family has plenty of time for interesting face-to-face conversations. Read Sherry Turkle's new book, [Reclaiming Conversation](#) or check out my October 2015 [blog post](#) that includes some of the reviews for Turkle's book. □
- 8 Plan to talk about anonymity — before your child leaves the house with the device. It's critical for young people to understanding that anonymity, in truth, does not really exist even though it sometimes feels like it does. [Read, Most Teens Don't Use Anonymous Apps: Advice for Those Who Do](#) over at [ConnectSafely.org](#). □
- 9 Know what digital knowledge your child should possess and at what age various concepts should be understood before using a digital device. Check out [Digital Literacy 101 For Kids](#), a post that describes the connected-world information that children should master before receiving a digital device. □
- 10 Think about how you model for and mentor your child. Do you use the mobile phone in the car? Do you ask your child to wait when you are responding to an email or text? Do you use a phone at a family meal? Do you use one at a child's assembly presentation or athletic event. Children are more likely to imitate what we do rather than what we tell them to do. After all your goal is to promote health and wellness for everyone in your family, and [digital wellness](#) is one part of that. □