# Back-to-School — 2019-20 Digital Parenting Checklist

Check out additional links and resources at
https://mediatechparenting.net/2019/08/12/back-to-school-digital-parenting-checklist-2019-20/

1. Make decisions about screen time in your family. All together, as a family, figure out you plan and then think about how you sill re-address your decisions as the year progresses.

2. Schedule family device-free activities – that all family members dan do together – with the devices stashed away.

3. Decide where children will do homework (probably not in the bedroom).

4. Understand that multi-tasking may be a myth. No this is not a new digital world brain activity. In reality when we multi-task we are switching from item to item which uses up valuable time, especially for kids doing homework.

5. Make fact-checking and looking up information a family habit.

6. Consider using a digital device contract or agreement with each family member.

7. Talk as often as possible about the digital world – the good (and there is lot that is good), the not so good, and the bad. Even if you know less than your child about the digital world, you possess the parenting skills and the values.

8. Know the apps that are on family members' devices. Keep an inventory. Some apps start out as fairly innocuous activities, but they can transform, over months and years, into sources that involve bullying, creepiness, or even hate, and involve your child in those extreme expressions.

9. Set up a centralized family charging station at a place outside of kids' bedrooms.

10. Model the digital behavior you want to see in your children. And please, please remember that, even in today's digital world, reading aloud is one of the most significant learning activities you can do with children of any age.

11.  Take time as a family to become familiar with good media literacy practices.

12. Work together as parents and educators to keep digital citizenship and digital wellness information front and center.

Best wishes from MediaTechParenting.net for a great start to the 2019-20 school year and a year filled with learning — online and off.

Please attribute to Marti Weston and MediaTechParening.net.