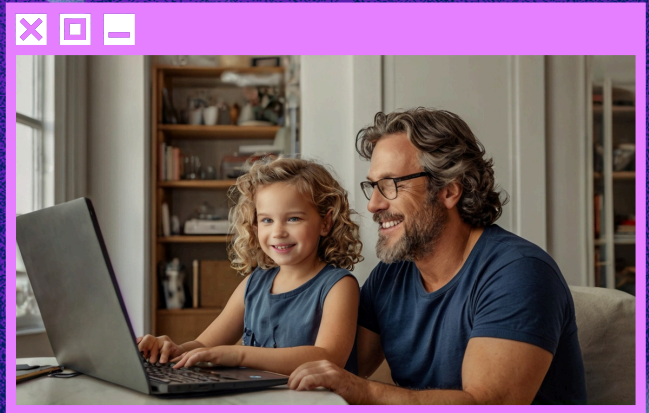# Digital Parenting

5 HELPFUL STRATEGIES

The Challenges

Important as parents to know about the **challenges** our children face online and educate yourself and your children about these challenges and how to mitigate.

Its Good to Talk

Create a trusting and open communication with our children, which will help make the parent-child bond stronger. Taking about our children's online experiences is key.

Healthy Digital Boundaries

Finding the right balance between tech and real-life is tough for digital parents. With the need to set digital boundaries for children & limit screen time. As parents role model expected digital behaviours.

Digital Literacy

We need to help our children use the internet safely and wisely. This means educating them to always check if information is true, ask questions and make smart choices online.

Monitoring

In today's digital world, parents must be active in monitoring our children's online activities. Using parental control tools and settings can help children have a safe online experience.