



Raising Kids in the Digital Age

DR. DEVORAH HEITNER • DEVORAHHEITNER.COM

The past few years have been **INTENSE!**

An **ACCELERANT** to what was already in play...

Tech can be a force for **GOOD!**

Noticing our tech habits

4 POINTS of TECH STRESS

① RELATIONSHIPS

SOFT SKILLS
RELATING
NUANCE
SITUATION AWARENESS

② REPUTATION

③ SELF-ESTEEM

④ TIME MANAGING

Appearance + self-esteem

DIGITAL FOOTPRINT

Ask your kids for permission to share pics of them online!

Models respectful boundaries!

KIDS NEED TO KNOW HOW TO TEXT!

IT'S HOW WE MAKE PLANS

Physical signals for "maybe don't text now":

HOLDING PHONE TIGHTLY

HITTING THE KEYBOARD HARD

HOLDING YOUR BREATH

Mentoring
AND NOT JUST MONITORING!



FRIENDS QUALITY vs FOLLOWERS QUANTITY

WHEN IN DOUBT, DON'T SHARE IT OUT!

GAMING

- ✓ Plan when to play and when to stop
- ✓ Communicate boundaries to friends

STOPPING:
• checkpoints?
• no end?

YOUTUBE+TIKTOK

- Wild West!
- More oversight for younger kids
- Ask about their discernment! Do hypotheticals.
- Notice what channels, influencers, tone of comments

SLEEP

No devices in the bedroom!



HUMAN problem, not just w/ kids!

Do the hard tasks first!

NAVIGATE DISTRACTION

No double screens

Homework time limits

conversation starters
FAMILY SHOW

Tech can bring us TOGETHER!

CREATE vs. CONSUME

- social impact...
- Playing/creating with friends

TRANSITIONS

- ✓ Come back to body
- ✓ Calm down time/ Mindfulness opportunity



SELF-REGULATION

Different kinds of screen time...

LEARNING vs. SCROLLING

You want to be the one running your devices + apps... **NOT** letting them run you!

SHOW+TELL
your kids how you struggle, too!

I really want to watch the next episode, too! But it's bed time + I have to wake up early.