

# TECH TALK

## Grades K-5 ISSUE #2

We are back with another issue focusing on technology and your family. This time we are dipping into resources that will help you determine where you feel it is safe for your kids to roam online and when to intervene. Your most powerful tool to keep your child safe is you. Here are some tips to help you along the way.

1

**My child puts the screen down when I come near. I am torn between respecting their privacy and wanting to know what they are up to. Which way should I go?**

Our number one job to our kids is parenting and sometimes that is uncomfortable. Since so much of our kids' social life isn't happening at school, on fields or at home in person, it is more important than ever to set expectations with your child around screens and this is a great place to start:

<https://bit.ly/KeepChecking>

2

**I am pretty sure my child is experiencing screen overload, but they can't break free. Are there any good resources for self-care online?**

There are incredible tools available to inspire your kids to meditate, run, dance, maintain healthy habits and more. These tools are a great opportunity to teach how to use technology to initiate action versus just sitting at and staring at a screen.

<https://bit.ly/DestresswithTech>

3

**How can I figure out if a game, app or movie is appropriate for my child?**

We have been sharing resources from Common Sense Media for years. Type in the name of an app, movie or game and CSM will provide you with a review that outlines which ages it is appropriate for and specific details about language, violence, and more. Take a peek:

<https://bit.ly/TTCCommonSenseMedia>

4

**My child is really struggling with online learning. Is there any way to keep them motivated?**

There is no doubt that talking to your teacher through a screen is less than ideal, however, there are a few things you can do to help the process. Having a toolbox of ideas at your fingertips is always helpful. Check out these great ideas to keep your kids motivated:

<https://bit.ly/KeepThemMotivated> & <https://bit.ly/KeepThemFocused>



Do you have any questions for our next issue? <http://bit.ly/Tech-TalkQuestions>

DID YOU MISS ISSUE #1?

HERE IT IS:

<http://bit.ly/TechTalkK-5Oct2020>



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