

“THE SOLE SOURCE”

JANUARY 2008

IDEAS FROM OTHER MOMS FOR PROTECTING YOUR CHILDREN FROM THE HAZARDS OF TECHNOLOGY:

- **Keep your computer in a centrally-located place so that kids can't have too much privacy. Keep an eye on what they're doing!**
- **Use parental control programs (e.g. Safe Eyes, Net Nanny) and keep security settings on your internet browser conservatively set.**
- **For movies and music, check www.pluggedinonline.com to review content. If still unsure, we watch the movie before the kids can.**
- **Limit screen time to a set amount of time on weekdays and weekends!**
- **Stay educated and current with news and magazine articles to better understand technology advances and their pitfalls.**
- **Use internet browser settings to restrict all “pop-ups”**
- **The kids must ask first before using the computer or watching any tv program.**
- **Give tokens at the beginning of the week for computer time so that the kids can “budget” their usage. Tokens can be taken away as a punishment if needed.**
- **Use a password (that your child doesn't know) for computer access, so that they cannot get on the computer without you.**
- **Keep the kids active with outside play and visits from friends so they won't turn to the computer as much.**