



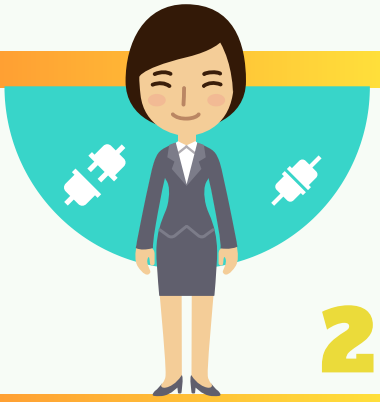
# APPENDIX R


## 6 Ways to Get Curious Not Furious

# 6 ways to get curious (not furious) about screen time...



- 

**1** Spend time with your kids while they're on their phones. Ask them for tips about how and what they use.
- 

**2** Have a discussion about the "pros" or "positives" of how their screens help with healthy friendships and success at school.
- 

**3** Compliment your child and share admiration when you see them exhibit self-control with their screens and devices.

Send your child a "random text of kindness" to let them know you're thinking of them.



4



Set-up a regular time to visit. This can be scheduled or just a certain amount of time you dedicate during the week.

5



6

Remember that all kids (and most of us) really want from devices or screens is to belong and/or feel success.

totem 

Source: Author created using Venngage.com

Retrieved from the companion website for *Good Parenting Strategies (GPS): The No-Guilt Survival Guide for Parenting During the Pandemic and Beyond* by Ben Springer. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2021 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.