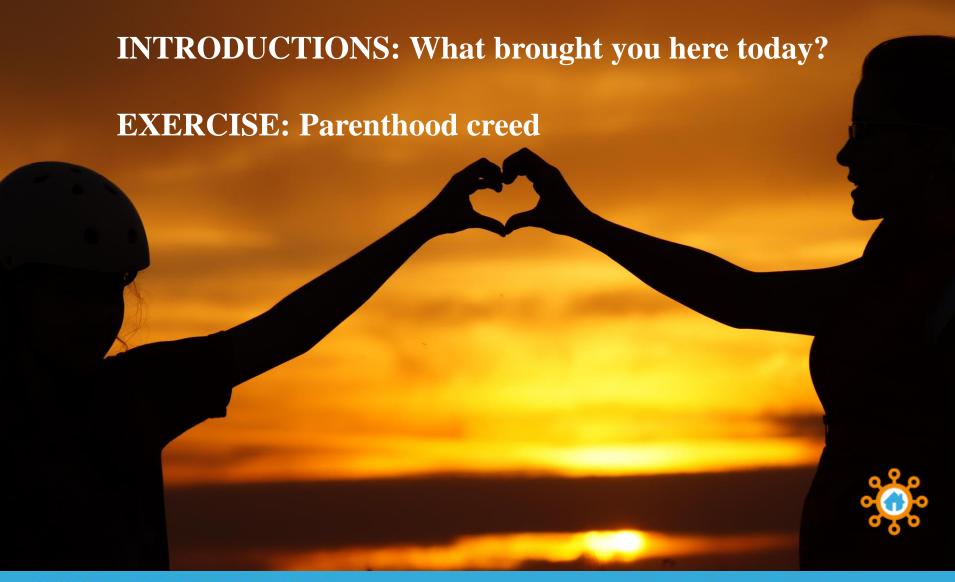


A Foundation to Empower Families

Connecting with Kids from Hard Places and Regulate the Use of Technology

Joanna Jullien, Parenting and Family Life Coach

# Warm up

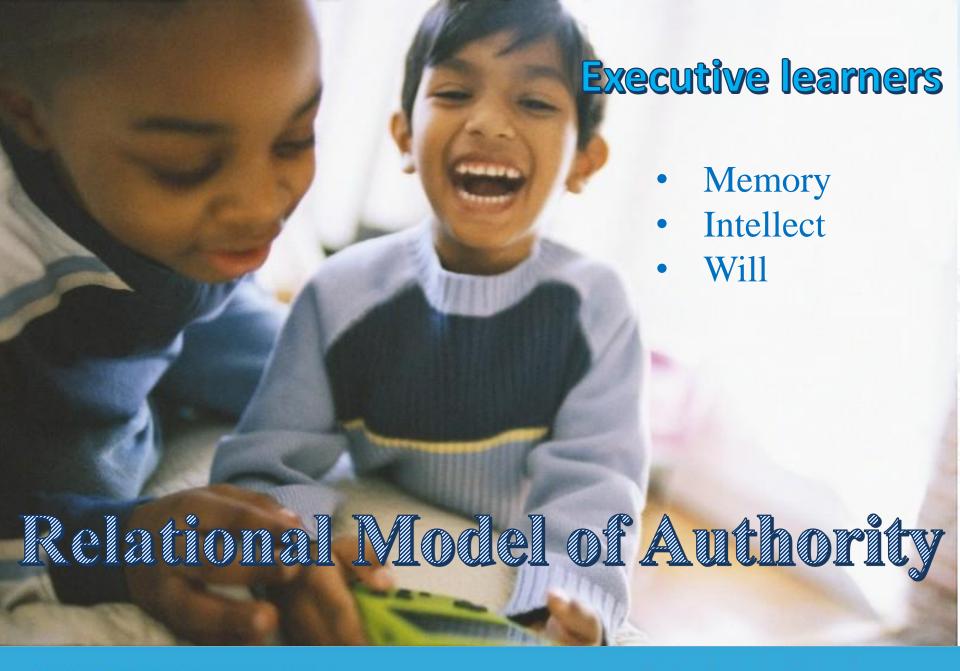














#### **House Rules Criteria**

Goal: Few rules that foster open communication Our aim:



- **✓** Promote transparency
- **✓ Build trust**
- **✓** Offer a clean slate

I Agree



### **Cyber Rites of Passage**

- •Tiny Tot (2 years and under)
- •Early Ranger (3-5)
- •Ranger (6 -10)
- •Junior Explorer (11-15)
- •Explorer (16 and older)









# **Attention management**

- **✓** Your attention is your power.
- ✓ Give undivided attention in their presence.
- ✓ Form agreements with your child about managing/using screen time to accomplish school work. (Then inspect what you expect; catch them making good choices.)
- ✓ Give permission to interrupt you and show how to do (i.e., hand signal).





## "Know thyself." - Socrates

Complete evaluation.

Review parenthood creed and your response again.

Thank you.



