Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.

1. Talk With Your Kids
   - Talk early and often
   - Be open and direct
   - Stay calm

2. Educate Yourself
   - Search online for anything you don’t understand
   - Try out the apps, games, and sites yourself
   - Explore FOSI’s parenting tips and resources

3. Use Parental Controls
   - Set content and time limits on your kids’ devices
   - Routinely check privacy settings on social media
   - Monitor your kids’ use and their screen time

4. Set Ground Rules and Enforce Consequences
   - Discuss and sign a family safety agreement
   - Restrict where and when devices can be used
   - Remove tech privileges when rules are broken

5. Friend and Follow But Don’t Stalk
   - Follow your kids on social media
   - Respect their online space and freedom
   - Don’t flood their accounts with comments

6. Explore, Share, and Celebrate
   - Go online with your kids and explore their digital world
   - Share your own online experiences
   - Learn from each other and have fun

7. Be a Good Digital Role Model
   - Curb your own bad digital habits
   - Know when and where to unplug
   - Show your kids how to collaborate and be kind online

For more information: fosi.org/parenting