

Three Pillars of Digital Wellness: Action Steps



1. It Starts at Home

Children's digital habits begin with what they see at home. Parent/Caregiver device use shapes how kids relate to screens, sleep, focus, and family life.

- Keep all screens out of bedrooms to protect sleep and privacy
- Set screen-free zones or times (like mealtimes or car rides)
- Use downtime and app controls on every device, including tablets
- Co-create a family digital contract—set expectations together
- Model healthy tech habits to build balance at home

2. Find Meaning and Mattering Offline

Kids thrive when they feel a sense of purpose and belonging outside of screens. Offline experiences boost optimism and lower anxiety.

- Encourage at least one group hobby or extracurricular activity
- Support your child's passions—sports, music, volunteering, or creative arts
- Celebrate kindness and service—assign household contributions or family volunteering

3. Engage Your Village

Digital wellness is stronger when parents, schools, and communities work together to delay devices and set shared expectations.

- Coordinate with other parents in your child's grade or extracurricular activities to delay phones and social media
- Create common device rules for playdates or group activities
- Use the PTA or parent groups to advocate for phone-free school policies
- Meet regularly with other families to share what's working—and show grace when it's hard