

## How to Create a Tech Agreement with Your Child that Works



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Key Points: A Road Map to Hassle-Free Living with Screen Technology and Social Media

### **Step 1: Conduct Family Meeting #1**

Everyone expresses his/her frustrations, challenges, wishes. Parents included. But parents, be sure to listen carefully and ask clarifying questions. End with everyone sharing bottom line—parents make sure to link your bottom line to your values and what you want most for their kids. And that you really want your child's input, too. Both/And.

### **Step 2: Conduct Family Meeting #2**

Everyone expresses what is working well with screen technology. Parents express what they appreciate about their kids; kids say what they like about their parents. Ground rule: this is a meeting about strengths, what is working; what is giving life to our family system. Conclude with assignment: for next week (or two) everyone jots down on a mutual poster/whiteboard, notebook, what they absolutely want/need re: screen technology and re: family life.

### **Step 3: Conduct Family Meeting #3**

Review and discuss above. Where are the easy agreements? Where are the conflicts? Ask: If you were the parent, what would you do here? Brainstorm possible solutions. Be open to anything. Let your kids see you are working to be creative and understanding. But don't commit to anything. At end say, you will think about it. Important for this meeting to focus on your willingness to listen and try to understand your child.

### **Step 4: Conduct Family Meeting #4**

Give your thoughts after pondering places of contention discussed previously. Be clam, clear, and confident. Have your child write out the rules agreed upon. You add others if need be. If you make boundary see if you can give something else back to your child to replace. You make sure that there are some rules for you, too. Both parties sign.

**Step 5: Try Out Agreement** Discuss how it is going once a month. Remember: It's a Process.

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For a FREE Discussion Guide to Gloria's book, *Parenting Well in a Media Age*, please see:

[www.ParentingWellinaMediaAge.com](http://www.ParentingWellinaMediaAge.com) Keep in touch with Gloria through her blog: [www.LeftToOurDevices.com](http://www.LeftToOurDevices.com)