

Tips for talking to your child on device usage



Seek to understand.

E.g. "I observe you have been on the screen a lot lately, do you have a lot of work to do?"



Instead of jumping to conclusions.

E.g. "Don't spend so much time on the laptop playing games!"



Remind them of priorities or agreements made.

E.g. "Do you remember what we agreed on?"



Instead of starting off a statement with the word 'don't' or 'stop'.

E.g. "Stop / Don't keep using your phone!"



Have faith in their ability to change.

E.g. "It's ok if you forgot our agreement. We can strive to do better. How can I help you with that?"



Instead of resorting to blame.

E.g. "If you had spent less time on your laptop you wouldn't do so badly for your exams."