

Let children use smartphones healthily!

friendly.limit.independence

1. Getting to know your children

- 1 Try to understand your child's behavior as a characteristic of youth.**
ex. 'Youth are like that...'
- 2 Try not to be surprised, embarrassed or upset by your child's behavior.**
ex. (Without shouting or being angry) Are you surprised that I came in suddenly?
I'm worried that you won't be able to focus on what you need to do because of the smartphone.
- 3 Try to let your child know care of parents.**
ex. I am worried that your eyes or wrist will hurt. And I'm so upset that the promise you made with me is broken.
So I want you to keep using the smartphone with the promised time usage.

2. Remember! Five senses principle

Make eye contact and show interest
Open your ears and listen carefully



Nod your head to know
Open your heart and communicate
Reach out to compromise

3. Set limits and learn by repeating clear rules

step 1

Before you set the rules, explain why.

step 2

To set the rules, share opinions and choose rules together.

step 3

Talk to each other to keep the rules.

step 4

Set rewards and punishments and discuss how to check if the rules are being kept.



Tips when you give rewards

- ✓ Give what your child wants or what helps your child grow.
- ✓ Target a level that is relatively easy to achieve.
- ✓ Always fulfill what you promised with joyful heart.



Tips when you give punishments

- ✓ Don't give it in anytime! Make it predictable.
- ✓ Punishment is better not to give what your children like, rather than to give what they don't like.
- ✓ Give it consistently.
- ✓ Don't give it emotionally.

4. How to increase your child's autonomous /independence

- 1** Believe and wait for your child to follow the rules.
- 2** Encourage your children to do well, whether they follow the rules or not.
- 3** If the rules are too difficult or too easy, you can modify them.

