

Five Steps for Raising Happy, Successful Kids and Protecting Them from Video Game/Internet Addiction in the Digital Age

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1. Be the strong parents your kids need

Use the most effective parenting style—**authoritative parenting**—to guide children’s and teens’ tech use. Authoritative parents are *warm and engaged*, yet also set *high expectations* (e.g., encourage kids to try hard in school) and *set strong tech limits* so kids can meet those expectations.

2. Build your kids’ connection with family

To provide kids *warm and engaged* authoritative parenting, spend lots of family time when parents and kids have their devices put away, e.g., family meals, day trips, etc.

3. Parent like a tech exec

The tech rules you provide your kids are up to you. However, it’s interesting to know that leading tech execs use the authoritative parenting principles of *high expectations* and *strong tech limits*. *The New York Times*’ article [“Steve Jobs Was a Low-Tech Parent”](#) highlights the rules many tech industry leaders provide their own kids, including:

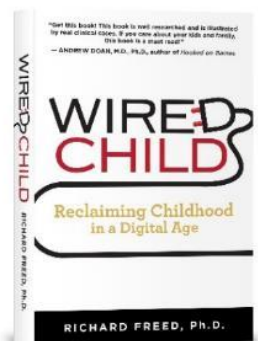
- No gadget use on weekdays
- Computers only being used for homework on school nights
- Emphasizing print books at home
- Postponing giving kids smartphones and data plans until age 14 or 16, and
- No screens in the bedroom

4. Foster your kids’ productive tech use

- Promote kids’ productive tech use by providing them structure, e.g., have them use computers in shared family spaces rather than in their rooms.
- Encourage kids’ learning of educational basics—such as reading, writing, math, and science. Most high-tech firms hire those with college or advanced degrees. And to get into college, kids need to do well on the learning fundamentals that colleges consider when deciding admissions.

5. Use science-based resources to guide kids’ tech

- [Beyond the Screens: Technology’s Impact on Kids](#)
- [Campaign for a Commercial-Free Childhood](#)
- [Center on Media and Child Health](#)
- [Families Managing Media](#)
- [Screen-free Parenting](#)



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