

Helping your kids use technology wisely begins with setting boundaries

“Mom, can I take my iPad?”
 “Is there going to be Wi-Fi?”

These are two of the most frequently asked questions by my boys when it’s time to go. Sometimes the answer is yes, and sometimes it is no. The truth is, I want my kids to love and use technology but not let it consume their lives. Gadgets are wonderful for kids, but only if they are used in moderation. I believe the negative effects of kids being online too much comes down to parenting, not technology. There must be balance in our children’s lives, and that includes technology skills.

My sons, Dalton, 10, and Patton, 7, love their iPads and video games. If they had their way, they might play with them all day and all night. Luckily for my sons — whether they like it or not — they don’t get that as an option. They also need to help with chores, play with toys, draw, be active in sports, talk with friends and have imaginative adventures. All of these skills are important for them to become well-rounded adults.

Technology is a huge part of my life. I live and work in a town with less than 400 people, but I have gigabit internet service to our home so I can work as a technology education consultant. My husband works on the family cattle ranch, so we don’t have the option to move to the big city. I have found a way to work the type of career I want and still live in a small town. My job is helping people use and understand broadband, gadgets and all that goes with it in today’s world.

So, you might ask, how do I keep my



boys from turning into anti-social, techie monsters? It comes down to parenting and setting boundaries. It’s that simple. Sometimes we just have to take something away. We have rules, and we enforce those rules. We aren’t perfect parents (far from it), but we are trying to find the balance that works for our family. I also have some helpful apps, gadgets and resources that help me to manage their online activity and keep them connected but safe. I look forward to sharing some of those in future issues. 📱

“I have long felt that the way to keep children out of trouble is to keep them interested in things.”

—Walt Disney



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You don’t have to understand how to use all the technology your kids use, but you need to be aware of what they are doing. Create rules, enforce rules and stand by your rules when it comes to using technology.