

Who Controls What?



Kids

Parents



What they do with their digital devices

What devices they have, when, where and how they use them



What they eat

The food that is available to eat



How much effort they put into school

What school they attend – public, private, home school



Tone and volume of their voice

The tone and volume of your voice



Their behavior

How you respond to their behavior



When they fall asleep

When it's time for them to be in their bedrooms

Avoid power struggles - focus on what you control instead of what they control!

