

## It's Just A Phase . . . So Don't Miss It

As a parent, you want to invest your time in things that matter. Like having the right conversation with your child at the right time, with the right things to say at your fingertips. These conversation guides will help you navigate the critical issues you face at each phase, as you imagine the end for your child. They are based on research from **The Phase Project**, a collaborative, ongoing effort assembling classic and innovative research with practical application.



Preschool

# TECHNOLOGY

## PARENT CONVERSATION GUIDE

. . . for intentional conversations with kids

Are you blown away that your preschooler can swipe and click even faster than you can? How did they figure out how to find that Disney video in the sea of app icons on your screen? These keen abilities are exactly why it's a great time to start a conversation about the big world of technology. Your preschooler is a long ways from having their own phone and social media accounts, but every day they are watching, listening and learning and they need you to guide their introduction into this world and set them up for success. Remember your role in the preschool phase is to help them...

**ENJOY**  
the advantages



So they will . . .  
**EXPERIENCE BOUNDARIES  
& HAVE POSITIVE EXPOSURE**

This guide is designed to help you meet your preschooler where they are now, giving you some words to say and not to say as you navigate the critical issue of technology. As the conversation progresses through the phases, always keep this end goal in mind:

**TECHNOLOGICAL RESPONSIBILITY**  
Leveraging the potential of online experiences to enhance my  
offline community and success

## WHAT TO SAY:

"Playing on mommy and daddy's phone can be fun, but you always need to ask us first."

"We love to talk to each other while we eat, so we are not going to play a game or watch a video during a meal time."

"You can watch/play for \_\_\_\_ minutes, and then we will do something else." *(read books, put together a puzzle...)*

Talk about your rules for phone and screen use in terms your preschooler can understand. Be clear about your screen-free zones and times and stick to them.

You will want to capture those adorable moments by taking pictures, but be careful to not miss the moment because you're distracted by posting or sharing.

Model the great ways to use technology by playing learning games together.

## WHAT NOT TO SAY:

"Here, take my phone and watch whatever you want. Just be quiet."

"Stop asking questions about what I'm doing on my phone."

"There are scary people that can connect with you through the phone and computer so you should never use them." *(While we want to set firm boundaries for our children, we don't want them to think technology is bad)*

## JUST REMEMBER

Every PHASE is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The preschool years are the years you want to embrace their physical needs. They need to be physically close to you so use screen time as opportunities for 'lap time' where you can cuddle and share the experience. In this phase, your child thinks like an artist, and you can help them learn by engaging their senses through what they see and hear. Remember that screen time doesn't have to be isolating but can be used to stimulate great moments together. Stay informed. Stay involved. Start the conversation.