

The Five M's of Digital Wellness from Operation Parent's webinar: "[Understanding Social Media's Impact: Influencers, Body Image & Substances](#)".

Model

Set a good example for what healthy and responsible tech use looks like by being mindful of your own habits

- Create device-free zones
- Promote respectful communication
- Be mindful of sharing

Mentor

Create a space for open, non-judgmental conversations about what they see and do online and who they interact with

- Introduce early digital wellness
- Maintain open and often communication
- Recognize online threats
- Identify trusted adults

Monitor

Establish healthy boundaries of screen use and regularly check that they are being followed

- Require login access
- Set expectations together
- Update and enforce agreements regularly
- Connect on social media



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Memories

Spend non-screen time together, that's what they will remember

- Family dinner
- Be active
- Find the right balance

Mastery

Help them take control of their tech use instead of creating bans/mandates, help them plan how they will spend their time

- Understand their preferences
- Create safety strategies
- Emphasize privacy protection
- Build executive functioning skills



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