

Digital Discipline Starter Guide

For Parents

Simple Steps to Protect Your Child



Smart Parent Tech

By Dee Nigel

Introduction

Technology is part of everyday life.

It helps children learn, connect, and grow.

But without guidance, it can also expose them to risks.

The good news?

You don't need to be a tech expert to protect your child.

This short guide will show you simple, practical steps you can start using today.

3 Simple Screen Time Rules

Start with these basic rules:

- ✓ No screens during meals
This encourages family connection.
- ✓ No devices before bedtime
Helps improve sleep and focus.
- ✓ Set daily limits
Keep screen time balanced with real-life activities.

Keep rules simple and consistent.

5 Online Safety Tips

Teach your child these:

- ✓ Never share personal information
- ✓ Don't talk to strangers online

- ✓ Ask before downloading apps
- ✓ Tell a parent if something feels wrong
- ✓ Keep accounts private

These rules protect your child even when you're not there.

Simple Daily Routine

Create structure like this:

- ✓ Homework
- ✓ Screen time
- ✓ Family time
- ✓ Device off before bed

Routine reduces arguments and builds habits.

Warning Signs to Watch For

Be aware if your child:

- ✓ Gets upset when devices are taken away
- ✓ Becomes secretive
- ✓ Loses interest in other activities
- ✓ Has sleep problems

These may be signs of too much screen use.

Use Tools to Support You

You don't have to do everything manually.

Some tools can help you:

- ✓ Set screen limits
- ✓ Monitor activity
- ✓ Keep your child safe

Explore Recommended Tools for Parents

<https://smartparenttech.wordpress.com/recommended-tools-for-parents/>

Final Thoughts

You don't need to do everything at once.

- ✓ Start small
- ✓ Stay consistent
- ✓ Keep communication open

Your goal is not control—it's guidance.

Next Step (IMPORTANT)

Want the Full System?

This guide is just the beginning.

Get the full step-by-step system here:

[Digital Discipline Guide \(Full Book\)](#)