



Connected Kids: Break Screen Habits and Build Strong Families

Be the Primary Attachment Anchor: Satisfy your child's need to belong

Children are built to seek attachment to their caregivers. If that attachment isn't strong and consistent, kids will seek that connection with peers or even digital algorithms.

The most powerful way to help your child manage technology is to focus on your relationship. Keep these important strategies in mind.



- **Be Your Child's Calm Center:** Create deep, secure, and responsive relationships that serve as your child's safe emotional baseline.
- **Build Irreplaceable Bonds:** Cultivate warm, daily interactions that provide genuine, real-life belonging and satisfaction.
- **Buffer Digital Pulls:** When your child emotionally fulfilled at home, the urge to seek validation in digital spaces decreases significantly

