STRATEGIES FOR PARENTING IN THE AGE OF SOCIAL MEDIA

Be involved in the things that your children do online

Check the age restrictions for the games they want to play and the Apps they wish to download

When they set up accounts for Apps ask for the passwords

Set realistic time limits for online activities

Use parent control Apps such as "Net Nanny" to restrict access to websites you do not want them to use

Teach them that "what goes online stays online"

Keep devices out of bedrooms especially at bedtime