

# Screentime and Digital Communication for Kids & Teens: How to Manage it All?

## Session 9 of 10



### Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



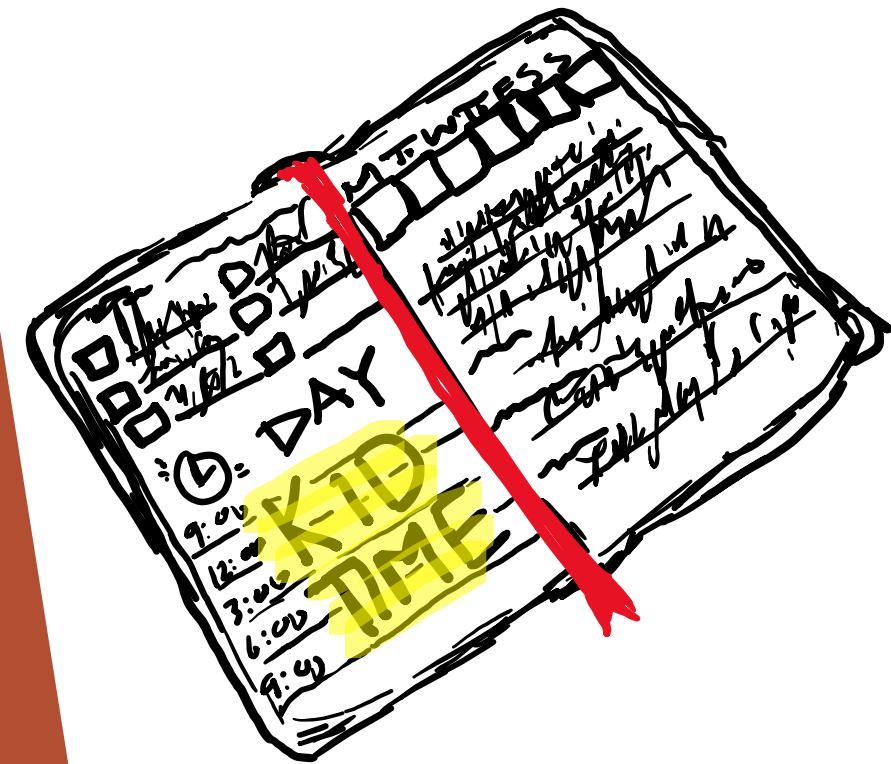
Talking with your kids

# Be a fireplace!

With special guest Ruth Grunstra

Talking with your kids

## MAKE TIME



If you can't talk now,  
reschedule

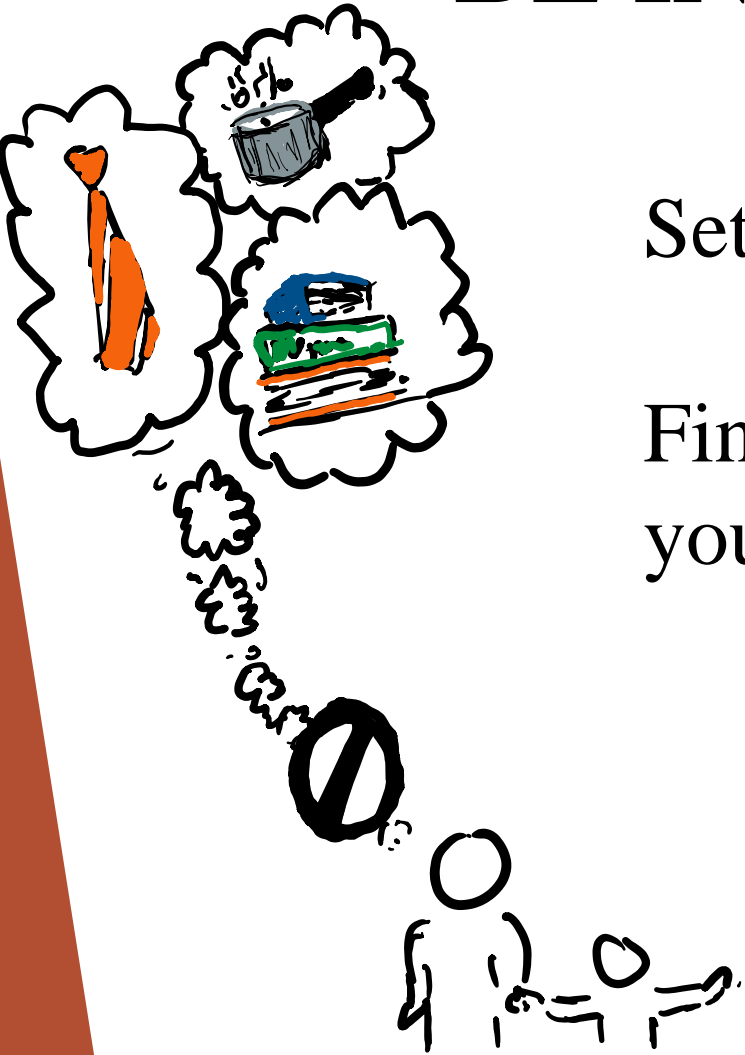
If you say you'll show up,  
show up!

Talking with your kids

# BE INCONVENIENCED

Set aside what can be set aside

Finish what cannot, then give them  
your FULL attention!



Talking with your kids

## PRIORITIZE THEM

Make talking and listening a  
DAILY PRACTICE

Ask them about their day

#1 KIDS

2

3

4

Talking with your kids

# NEVER TOO LATE

Your kids want your attention and love, no matter how old

You CAN do it, it just takes time

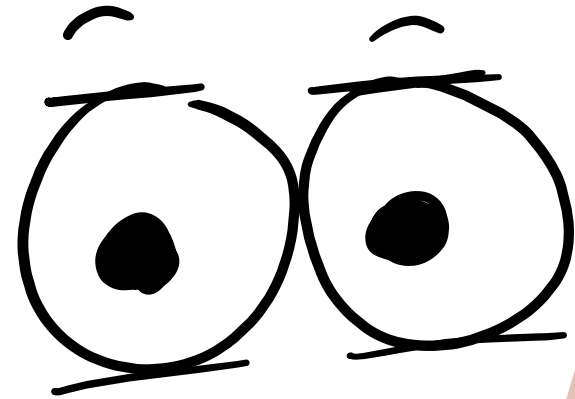


Talking with your kids

## FULL ATTENTION

Try to understand what they are telling you

Learn who they are,  
what they love  
what they dream about



QUESTIONS?