small things TO GET YOU STARTED

1

As a family, what are the values that matter most?

Write them together

TOOLS *p14* | RESOURCES *p16*

How can YOU model healthy screen use?

Refer to
'Small Things YOU can do'
and *'Small Things to reflect on'*
survey

2

Start a discussion on digital-free zones and times

Have your children offer solutions

TOOLS *p20* | RESOURCES *p22*

Engage with friends and parents to start the screen-free play dates

Refer to *'Small Things you can say to get the conversation started'*

3

Explore multi level safety nets online and offline?

Where possible, involve your children in the decisions that affect them

TOOLS *p26* | RESOURCES *p28*

Engage with a safe home solution like *parentpower.com.au*

4

Start training for the digital world

Workshop what they feel is / is not acceptable

TOOLS *p32* | RESOURCES *p34*

If buying a device, meet the needs, not the wants

Refer to *'Digital devices for your Small Things'*

5

Build meaningful time together or time alone

How can you foster personal growth?

TOOLS *p39* | RESOURCES *p40*

Explore what it means to be human

"Sometimes the
smallest things
take up the most room
in your heart"

WINNIE THE POOH