

5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

AGES 11-13



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children ages 11-13 without the distractions of technology.



1. RESPECT THEIR INDEPENDENCE!

Allow them to make choices where appropriate and engage them in discussions where they can express their opinions and ideas.

2. ENGAGE THEIR INTERESTS!

Take time to learn about what they are passionate about, whether it's a particular sport, music, video games, or a hobby.



3. ENCOURAGE COMMUNICATION!

Create a safe space for them to express their thoughts and feelings without judgment. Be open to listening and validate their experiences.

4. SHARE EXPERIENCES!

Plan activities that you can do together, such as hiking, cooking, or attending events like concerts or sports games.



5. SUPPORT SOCIAL INTERACTIONS!

Encourage them to invite friends over or participate in group activities that are tech-free.



For more information visit:
nj.gov/dcf/technoference.html