



Tips for Healthy Technology Habits

Tip 1. Find your media balance.

Many people turn to their devices when you feel like there is not much to do, but it's important to recognize what healthy media balance looks like. Take breaks from passive screen time (such as watching TV) and disconnect by going outdoors or playing a game. Engage in active screen time (such as coding) and try learning a new skill. Be sure to have engaging conversations with those around you to encourage less passive screen time.

Tip 2. Go to trusted sources for information.

There is a lot of information out there and we are lucky to live in a time when technology gives us instant access and updates to current events. With that in mind, please strongly consider where you get your information from and whether or not it is accurate. Stay calm and do not rely on social media, unverified news sources, or conspiracy theory sites to get your information. You can visit our ["Facts about COVID-19" page](#) for links to reliable news resources in multiple languages.

Tip 3. Take a break from the news.

The constant stream of bad news could be stressful for both children and adults. Turn off TV and social media if you or your child is feeling overwhelmed or anxious. Do something else like taking a walk or playing a board game. Give your child a sense of control by talking about the importance of hand washing, covering sneezes and coughs with elbow or tissue and not hands. Reassure your child that adults are there to help keep everyone safe.