



GRADES K-5 FAMILY CONVERSATIONS

Managing Device Distractions



Talk About How Your Child Can Avoid Being Distracted by their Device

Your child is learning to focus their attention and stay on task when learning. Use these questions to help them practice these skills and avoid digital distractions.

Ask these three questions:

1. *I hear you learned about **digital distractions** in school. Can you tell me about that?*
2. *I hear you also talked about the things that make it hard to stay focused. Do you remember any of the digital distractions you and your classmates came up with?*
 - Listen for:
 - Opening new apps, games, or tabs when you're not supposed to.
 - Wearing headphones when someone is trying to talk to you.
 - Notifications and other sounds coming from your device or someone else's.
3. *What are some things we can do at home to help you avoid digital distractions when you're trying to complete school work?*

Optional: Use the [Family Tech Planner](#) from Common Sense Media to talk about screen use as a family. You can use the planner to set rules together to help your child make the most of entertainment and tech time.

Learn ways to find balance in your digital lives at commonsense.org/family-tips-on-media-balance/!

Family handout for grades K-5 lesson [Managing Device Distractions](#)