

BORN AFTER YOUTUBE

Three Things to Do This Week

From the *Digital Parenting in the Age of Screens* webinar | Adam Pletter, Psy.D. | iParent101.com

The gap isn't between good kids and bad screens. It's between what digital environments demand and what developing brains can reliably deliver. You don't need to fix everything tonight. Start with these three.

1. Devices out of the bedroom. Tonight.

Sleep is where the brain resets. Nighttime is also where kids practice self-regulation without you in the room. A charging station outside the bedroom, no exceptions, is the single highest-leverage change you can make this week.

2. One conversation. This week.

Not a lecture. A conversation about what the expectations are in your home, with room for your child to weigh in on the choices. Collaboration builds buy-in. A rule that's handed down rarely sticks the way one that's discussed does.

3. One rung on the ladder. Right now.

Pick the stage that matches where your child actually is, not where you wish they were. Digital access works best when it's earned, scaffolded, and expandable, a path toward independence, not a fixed set of rules.

THE ONE TOOL TO TRY

Predict. Recognize. Do Different.

Before your child goes on their device, ask: How do you think this is going to go? Afterward, ask: What did you notice actually happened? What would you change next time? Three questions. Try it once this week and see what happens.

WANT MORE?

This talk covered the why. The book covers the how, stage by stage, age by age, with scripts, troubleshooting, and the full framework behind tonight's talk.

The Regulation Gap by Adam Pletter, Psy.D. | Guilford Press | Coming soon

Want to know the moment it's available, plus early access to the Digital Driver's License (DDL) framework? Join the list at iparent101.com