Important Tips to Help You Manage Your Kids' Screen Time

We all want to protect our families. Now, with the ever-changing landscape of the web and the exploding use of mobile devices, it's important to make it a safer, more constructive space for everyone. It's especially important for our children, who rely on the internet for everything from homework to socialization.

We have some useful advice on the best ways to help your child make the most of the online world and their screen time, while also keeping them safe when they surf the web. And, with help from Comcast's Xfinity xFi platform, you can better manage your entire household internet use and keep your children safe while they browse, stream, socialize and more.

Ready to get started? Read on to learn some tips on how to set up, manage and discuss screen time and internet use with your children.

Share Space
Keeping computers and other smart devices in a central location like the kitchen or family room is the best way to monitor and limit your kids' screen time. Consider setting up a shared family computer or iPad in a common space, because we know if kids store their devices in their rooms the temptation to power on after hours is high.

Limit Time
One of the most important first steps is to establish family ground rules and set limits around the amount of time a child spends on their screens. Figure out what makes sense for a child's age and attention span; you can always modify them along the way. For instance, you can set a "No Devices at the Dinner Table" rule or set a "No Screen Time" rule during a certain timeframe or until homework is done. Be clear with your kids about what happens when rules are not met.

Be in Control
You can set up parental controls on your kids' device(s). Use the computer or mobile system's parental controls to manage access online. And, if you have Comcast as your internet provider, they offer multiple methods when it comes to setting up parental controls, including the Xfinity xFi app. The xFi app allows parents to control everything from what websites their child visits to what content they consume while streaming. Xfinity xFi also allows you to:
- monitor your network and see who is using it and what devices are connected
- set personal profiles and assign devices to each profile
- set text alerts whenever a new device joins your network
- instantly pause Wi-Fi access by device or user for 30 minutes, an hour, two hours or until you unpause it
- set a time limit for each profile or by device—when that time limit is reached the home Wi-Fi to all devices connected to that child's profile will automatically pause.

These are just a few of the features of Xfinity xFi.

Make it a Family Affair

Talking to your kids about their internet usage, TV viewing, and more isn't just about protecting your child from inappropriate content. It can be about a lot of things, including their safety and emotional wellbeing. Instances of cyberbullying, data infringement, and more can all pose a threat to your child's safety online.

It's worth it to talk to your entire family about the digital world and what to expect when they go online. Visit Comcast's support page for more information on parental controls and other topics and learn some tips and tricks on how to keep your family safe when browsing the web, watching TV, and more.

Set a Good Example

Be a role model and put away your own devices. According to a Wakefield Research survey, more than half (52 percent) of parents have been told by their children to put away their device during meals. It will be easier for kids to follow suit if they see their parents following the established family rules around screen time.