



FROM YOUR CFS **Wellness Specialist**



Managing Technology in a Christian Home

In today's world, technology is an integral part of our lives, including our children's. While it offers valuable learning opportunities, it also presents challenges, especially for Christian parents who want to raise children with a strong faith foundation.

Here are four tips to help you manage the complexities of the digital world in your homes:

1. Teach Godly Discernment. Remind your children to view their digital choices through a spiritual lens. As they use their screens, encourage them to ask questions like:

- Does this content align with Christian values?
- Is this uplifting and positive, or does it promote negative or even harmful ideas or behaviors?
- Would I be comfortable sharing or discussing this with my family or pastor?

2. Encourage Open Communication. Let your children know they can come to you with questions or concerns. Regularly encourage conversations about what they're experiencing—whether it's on TV, in games, or as they start to use the internet and social media more as they get older.

3. Set Healthy Boundaries. A few practical boundaries include:

- Create tech-free zones in the house, such as bedrooms.
- Set screen-free times during meals.
- Allow screens only after other activities or responsibilities are completed first - homework, playing outside, or picking up their rooms.
- Stop screen usage 1-2 hours before bedtime.

Parental control apps like [Bark](#) or [ScreenTime](#) can also help you monitor your child's activity, set time limits, and alert you to potential issues. (See an overview of parental control apps [here](#).)

4. Lead By Example. Children often mimic what they see. Be mindful of your own screen time, the content you consume, and how you engage with social media. You can also teach them how technology can be used for good. For example, they can have a video chat with their grandparents, send an encouraging message to a friend, research information for a homework assignment, listen to Christian music or podcasts, or access Bible apps and devotions.

For a deeper dive, we recommend:

[Digital guidelines: Promoting healthy technology use for children](#)

[Screen time, digital technology use, and your family: a healthy approach](#)