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# Talkin' Tech

## with Janell Burley Hofmann

A monthly newsletter for SINAI parents

December 2018



### Parent Tech Tip: Tech Inventory



Tech Inventory is an opportunity to answer these important two questions about your child's life online:

- 1) Where are they?
- 2) What are they doing?

Just like we want to know who our children hang around with in school, who their friends are and what they'll be doing together, we want that same understanding and knowledge when they go online.



A tech inventory can start with a list of places our children have accounts or usernames. Sit down with your child and together create a list. You can even break down the list into categories like "all the time," "sometimes," and "not too much." This way you can spend some time getting to know the games, apps and platforms they are using on your own.

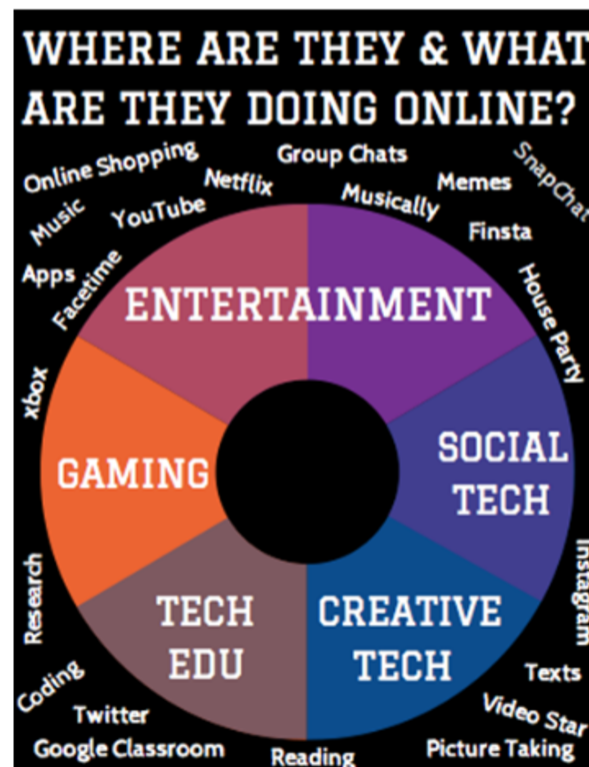
Additionally, your child can show you the different places they like to go online, what they're watching and playing.

In addition to the list, a conversation is critical too. Become as fluent as you can in what your children are using and places they show up online: What do you like about the game/social/website/show? Can you teach me how it works?

Click on the video below to learn more about Tech Inventory.



Below is a graphic to prompt your lists and conversations at home:



### What's New? Learn, Read & Connect!

- **Did you know?** Common Sense Media can help you better understand your child's specific media consumption including games, social media,

internet use, movies, streaming programs and even books? [Click here](#) to explore this great resource for families.

- **Want to make your own FREE tech contract?** Check out this feature made by Janell Burley Hofmann & VISR - [click here!](#)
- **Follow:** Are you worried that your child's tech use is more than just typical use? The work of [Dr. David Greenfield](#) and the Center for Internet and Technology Addiction can be a valuable resource.
- **Read:** [Check out this research](#) from Alexandra Samuel that discusses the importance of our role in our children's digital lives as "Digital Mentors."
- **Join:** My colleague Devorah Heitner offers a Phonewise Boot Camp. This is a [four week online course](#) to support parents as they prepare their child for the digital world. If you'd like to make a tech plan as you give a new device, this could be the foundational course for you.

Do you have a tech & family question? Email Janell at [JBH@JBHwrites.com](mailto:JBH@JBHwrites.com). Janell will (confidentially) answer one question each month in the newsletter.



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