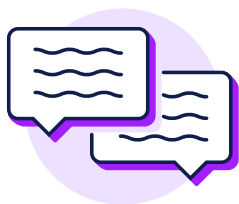# bark

KIDS AND TECH: A CHEAT SHEET FOR PARENTS

Kids and technology — the two seem to go hand in hand these days, and learning how to navigate them has become a new rite of passage for families. From choosing their first devices to securing their online accounts, here's how to help keep them safe online and in real life when they use technology.
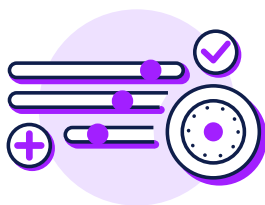
Talk Openly and Honestly
Make sure your kids feel comfortable talking to you about any subject so they can come to you if they need help — no matter the topic.

Find the Right Device
When picking your kid's first phone, factor details such as **cost, functionality, and safety** into your decision.

Use Parental Controls
Apps, games, and devices often have built-in safeguards to help keep kids safe. Visit **barkomatic.com** to get detailed instructions for many of them.
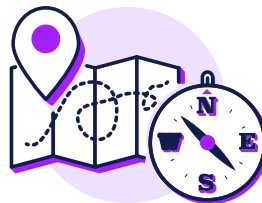
Add a Monitoring Service
Get alerts instead of reading every message, scrolling through feeds, or watching every video your kid encounters.

Create a Tech Contract
Lay down ground rules like when your kids can use their device, what apps they can download, and what happens if they break the rules.

Learn From Other Parents
Join **Parenting in a Tech World**, our Facebook group of 37,000+ parents, to get the scoop on cool apps, the latest trends, and all things tech-related.