

## eParenting high tech kids

Video of C3D7ZwSY7uA

**“My 10-year old son keeps nagging me for a cell phone.”**

**“It feels like my daughter is always online.”**

**“How old should my kids be before I let them have a Facebook page?”**

**“How do I keep up with my child around digital media?”**

The growing role of technology in kids’ lives presents parents with many new and challenging situations. But digital media such as video gaming, social media and even texting can provide unique opportunities for parents to enrich their relationships with their children and other family members.

The [UW-Extension Family Living Programs eParenting™ Team](#) [1] is working to empower parents and other caretakers to use digital media in ways that support adolescent development and enhance parenting skills. Parents can learn to better connect with their kids through eParenting™ High Tech Kids, an evidence-informed new program developed by the Family Living team. Parent participants say they will be more active in talking to their children about the pros and cons of social media.

**For information please contact us at:**

Phone: 608-265-3589

E-mail: Family Living state specialists Mary Huser, [mary.huser@ces.uwex.edu](mailto:mary.huser@ces.uwex.edu) [2], or Steve Small, [sasmall@facstaff.wisc.edu](mailto:sasmall@facstaff.wisc.edu) [3]

**Links:**

[1] <http://flp.ces.uwex.edu/families-and-communities/eparenting/>

[2] <mailto:mary.huser@ces.uwex.edu>

[3] <mailto:sasmall@facstaff.wisc.edu>