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**Importance of Family Agreements**

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**Tips to reach agreement on games and devices:**

**TIP 1: Family rules need to be clear, consistent, and predictable.**

According to the CDC, family rules help children understand what behaviors are expected. For these to work well, “everyone needs to know, understand, and follow the rules” within a family. If parents do not follow the rules or have different rules, it will be confusing to the children. (CDC) Kids learn best when the rules and expectations are clear and consistent across parents.

**TIP 2: Discuss your approach to tech and media use ahead of time.**

Consider a family media agreement to begin a discussion with your child’s other parent (See Common Sense Media Family Media Agreement). These types of documents will help outline issues that might arise and provide an opportunity for discussion before you have to face the issue in real-time.

**TIP 3: Collaborate on a plan to show a united front.**

According to an interview with child psychologist Susan Wilkens, kids do best when parents reach an understanding about rules ahead of time. If a parent knows that some areas may cause friction, try to discuss and resolve these issues privately, outside of the presence of the child. As a child grows, incorporating their input into a media/tech plan is helpful and more likely to be successful.

**TIP 4: Have compassion for each other.**

During such a stressful year, we need compassion for our partners and for ourselves advises child psychologist Susan Wilkens. When approaching disagreements like this, start by validating your partner’s love and concern. Acknowledging their feelings and care for your child first will make negotiations around areas of conflict easier to address.