

◆ Pause Before You Post

A gentle reminder for mindful sharing in the digital age

Before you share a moment that includes your child, ask yourself these five questions. Each one is designed to protect their future, honor their boundaries, and strengthen your relationship offline.

1. **Would I want this posted about me at this age?**

If the roles were reversed, would this image or moment feel respectful ~ or embarrassing?

2. **Is this moment sacred, silly ~ or shaming?**

Not every private scene needs to be public. Some memories are better cherished in silence.

3. **Could this be screenshot and misunderstood later?**

Once shared, posts live beyond your intent. Could this be taken out of context?

4. **Did my child give *real* consent, or am I assuming it?**

Consent isn't a smile. It's a conversation. Check in ~ even with the young ones.

5. **Will this strengthen their identity ~ or expose their vulnerability?**

Ask yourself: Am I sharing to celebrate, or to entertain others at their expense?

Learn more about how to protect your child's story before it becomes permanent.

#Don't Tag Me: Why Sharenting Could Be the Biggest Parenting Mistake of the Digital Age! Social Media Posting and the Digital Footprint You Leave Behind.

[Link to book available here...](#)

