✦ 5 Digital Boundaries Every Family Needs

Create a safer, more respectful space for growing minds and hearts

In a world of constant sharing, it's vital to protect what matters most. These five boundaries help your family honor privacy, reduce stress, and preserve trust in the digital age.

1. **No Posting Without Permission**
   Even young children deserve the dignity of being asked. Teach them early that their voice matters.
2. **Device-Free Zones at Home**
   Protect sacred spaces like the dinner table, the bathroom, or their bedroom. Presence builds connection.
3. **No Screens at Bedtime**
   Screens overstimulate. Create tech-free rituals that nurture sleep, security, and emotional calm.
4. **Open Conversations About Digital Footprints**
   Talk about what happens to content online. Help them understand how the internet remembers.
5. **Child Has a 'No Share' Safe Word**
   Empower your child with a simple phrase they can use when they don't want to be posted.

Start building emotional safety and digital trust in your home today.

#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...](#)