



## Talking with Other Parents

### Start with curiosity and openness

- “We’re thinking about waiting on smartphones for our kid. What are your thoughts on that?”

### Share your own experience

- “We notice they sleep better and have better moods when screens are limited.”

### Invite collaboration

- “It might be easier if a few families agree to wait together. Would you be interested in something like that?”

## Responding to Pushbacks

### “I don’t want my kid to be left out.”

- Many families are choosing to wait to give their child a smartphone. Many don’t always talk about it.

### “I want to track where my kid is.”

- I hear that. Being able to reach them matters. There are simpler devices out there so kids can connect while building independence.

### “Kids need to learn how to navigate the digital world.”

- They will. Delaying smartphones allows time to build attention, social skills, and other interests.

## Helpful Guidance

- Talk openly about technology and its impact with your kids and other parents.
- If considering a phone, explore non-smart phone options until age 14.
- Wait at least until the end of 8th grade for a smartphone.
- No social media until at least age 16.

## Find more tools and info:

[www.healthyscreenhabits.org](http://www.healthyscreenhabits.org)  
[www.smartphonefreechildhoodus.com](http://www.smartphonefreechildhoodus.com)  
[www.waituntil8th.org](http://www.waituntil8th.org)

**50%**  
of parents say they  
regret giving their  
child a smartphone  
too early.

Parent Map, 2025.

Learn more about  
this community  
campaign

