



Monthly Parenting Tip from the ACFC

MAY 2026



Essential Strategies for Internet Safety-Part 3

We hope you've enjoyed learning about the Essential Strategies for Internet Safety and found the information informative and useful. Internet use is an integral part of our children's lives and it's important for parents to be sure their children are using it in instructive, creative ways.

Following is the remainder of our strategies for parents.

7. Encourage Real-World Connection and Play

Active Parenting emphasizes face-to-face play and real-world interaction. While online connections can be meaningful, balance ensures technology doesn't crowd out human connection and personal growth. Encourage hobbies, sports, volunteer opportunities, and activities that help kids build confidence *outside* the screen. This balanced rhythm supports emotional health, deeper friendships, and effective coping skills.

8. Keep the Conversation Going

Technology changes fast; your relationship is the constant. Revisit your Family Media Plan regularly to:

- Keep learning together.
- Discuss new trends, risks, and concerns as they come up.
- * Celebrate positive choices.

Active, ongoing engagement builds the **judgment and resilience** kids need to navigate new platforms and trends.

Practical Tools for Your Parenting Toolbox

Foster connection and clear communication and turn these ideas into consistent habits with these [two ready-to-use resources](#):

- **Digital Safety Checklist:** A downloadable checklist of strategies on navigating the digital age, this guide offers tips for parents to stay a step ahead of tech trends while staying close to their kids.
- **Family Media Plan:** Create an agreement that outlines clear expectations for device use, screen time, and online behavior.

A Healthier Digital Future Together

The goal isn't to ban the internet or make teens *fear* technology — it's to empower them to use it wisely and safely. By combining **Active Parenting principles** like family meetings, freedom within limits, engagement, and modeling behavior with practical digital safety habits, families can create a balanced approach that teaches responsibility and reinforces connection.

Let's help the next generation thrive — both online and offline.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the [ACFC website](#), click on the Active Parenting tab, and follow the instructions on how to view the videos.

FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](#) for more information and to start your Active Parenting journey today.