



# MAMA TENDO

## PARENTING IN THE AGE OF SCREENS

It has been a holiday filled with fights over gadgets. Honestly, it is exhausting. I put rules and controls in place and then comes resistance.

Many parents today face the same struggle. Screens are deeply embedded in children's lives and managing them can easily become a daily conflict.

Teaching digital discipline cannot be about shouting, confiscating gadgets or creating fear. If handled harshly, children may secretly become more resistant. What we truly want is disciplined children who can manage technology wisely, even when no one is watching.

Discipline begins with parents themselves. Children notice contradictions. It is difficult to limit screen time when they constantly see adults glued to phones during meals or family moments. Modelling balance is one of the strongest lessons we can give.

Homes need clear and reasonable boundaries. Some families may choose no phones during meals, limited night screen time or device-free conversations. The key is consistency. Children respond better when they understand that rules exist for protection and balance, not punishment.

Parents must also provide meaningful alternatives. Sometimes children cling to gadgets because there is little else engaging them. Reading, sports, music, chores, outings, cooking together or simple conversations can help create healthier routines.

Boundaries remain necessary. Love is not the absence of limits. Children need structure, accountability and guidance.

Excessive gadget use may sometimes hide loneliness, boredom or stress. A child who feels emotionally connected at home is easier to guide than one who feels isolated.

Parenting in the social-media age requires patience, wisdom, consistency and courage. There will be resistance and exhaustion, but we cannot surrender the responsibility of guiding our children simply because technology is powerful.

In the end, our goal is not merely to control gadgets, but to raise children who develop self-control, balance and wisdom in how they live.